

SESSION BRIEFING SHEET

Session Name:

Mile Lane Sprint Repeats (Top End)



**PENARTH AND DINAS
RUNNERS**

Objective:

Build Speed on top of Stamina and increase aerobic activity

Meeting Point:

Old Pens Rugby Club

Location:

Top End of Mile Lane in Cosmeston Country Park

Map of Session location with Track :



Description:

The warm up run leaves the back entrance to the rugby ground and then through to Byrd Crescent. Entering Cosmeston Park at the top right corner. The warm-up continues to the top of mile lane. Emerging at the crossover point with Cogan Woods.

The session is a sprint of random reps or pyramid, up mile lane towards the junction at the top, before it turns left towards Cogan Hall Farm. The maximum any one sprint should be 60 seconds. This equates roughly to 160m – 270m.

The run leader brings the runners back to the Old Pens on a warm down run and directs static stretches at the end.

<u>Safety Points:</u>	<ol style="list-style-type: none">1. Make sure there is a tail runner for safety on way out.2. Particular care to be taken crossing from Culver Close to Byrd Crescent.3. At the end of the session runners can disperse to find their own way home or return to Old Pens with the run leader, but must advise run leaders.
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as all areas near roads and cars should be reasonably well lit.
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<u>Additional Comments:</u>	On sprints run leader should be last off regardless of pace so he/she can see the whole group and is somewhere in the middle when the whistle is blown. Everyone recovers back to the start point between sprints.
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