

SESSION BRIEFING SHEET



**PENARTH AND DINAS
RUNNERS**

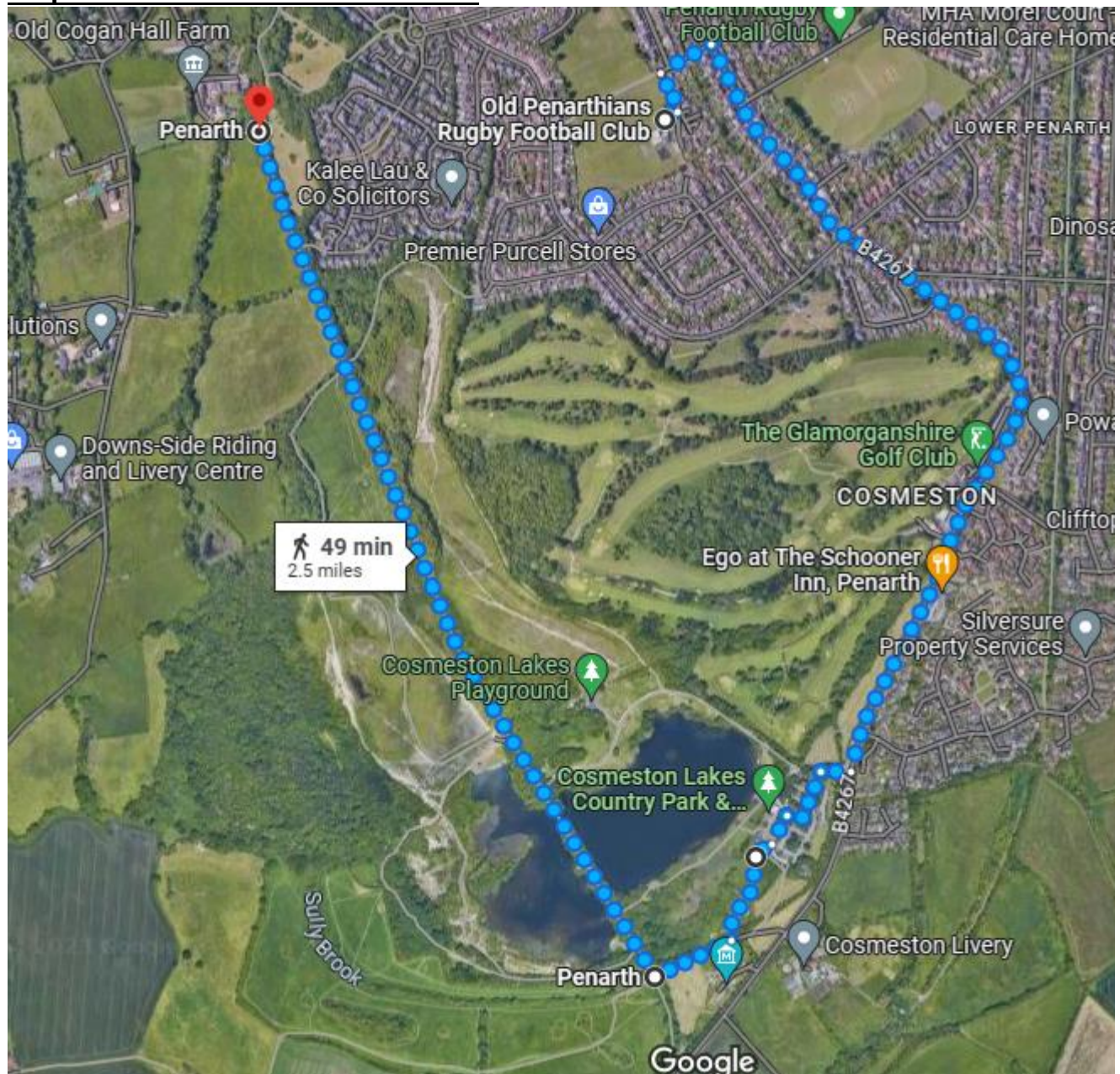
Session Name: Mile Repeats x 3

Objective: Build Speed on top of Stamina and increase aerobic activity

Meeting Point: Old Pens Rugby Club

Location: Mile Lane in Cosmeston Country Park

Map of Session location with Track :



<p><u>Description:</u></p>	<p>The warm-up run leaves Old Pens by the main road and runs down Lavernock Road, through Cosmeston lakes car park and out past the Medieval village to mile lane at the cross roads.</p> <p>Alternatively use Byrd Crescent entrance and turn left as you enter the park and run down that way to the car park and out past the medieval village.</p> <p>From the point where the paths cross on mile lane, after the medieval village, to the top of the park at the left-hand bend is exactly 1 mile.</p> <p>The session consists of 3 x 1 Mile best effort runs. Once up, once down and then back up ending at the top of the park.</p> <p>The run leader brings the runners back to the Old Pens on a warm down run, via the Dinas Road entrance and directs static stretches at the end.</p>
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<p><u>Safety Points:</u></p>	<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. FOR MILE REPEATS: Suggest letting slower runners go first 10min milers, 9mm, 8mm, 7mm etc.. separated by 1 min each. Everyone should then arrive at the top together. Repeat for each mile repeat. 4. At the end of the session runners can disperse to find their own way home or return to Old Pens with the run leader.
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<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Road shoes should suffice in winter and summer.</p>
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<p><u>Additional Comments:</u></p>	<p>The run leader should be last off regardless of pace so he/she can see the whole group and arrives at end of each repeat to allow sufficient time for recovery. At least 3 minutes after he/she arrives.</p>
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