

SESSION BRIEFING SHEET

Session Name: Cliff Top Sprints

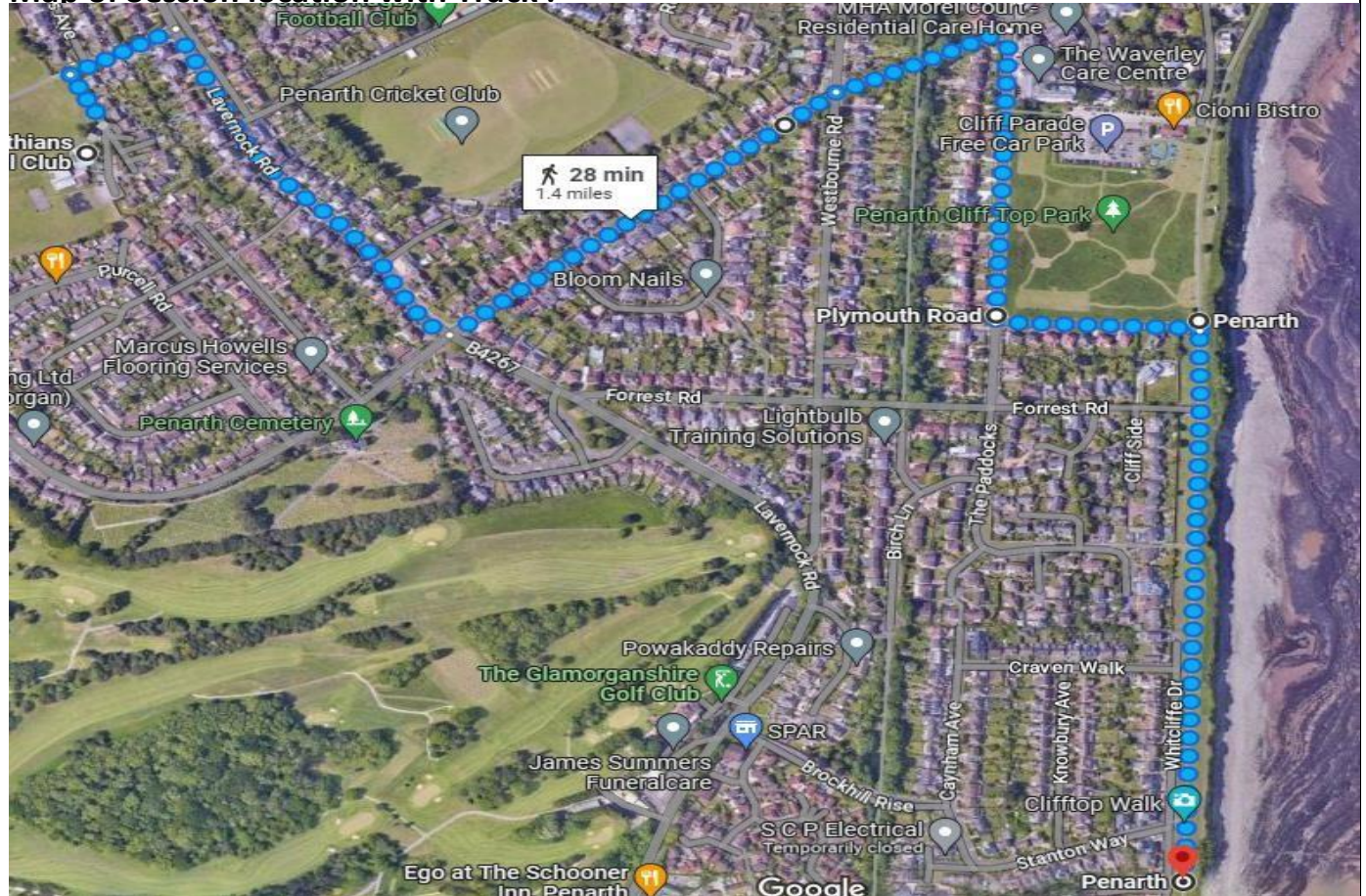


Objective: Build Speed on top of Stamina and increase aerobic activity

Meeting Point: Old Pens Rugby Club

Location: Cliff Top Path, just below the pitch and put.

Map of Session location with Track :



<u>Description:</u>	<p>The warmup run crosses Lavernock Road and heads towards the lower end of the (old) Pitch and Putt green, by whatever route the Run Leader is most comfortable with.</p> <p>The session is a sprint of random reps or pyramid, down the cliff top footpath towards the far end. The maximum any one sprint should be 60 seconds. This equates roughly to 350m and is the maximum distance for sprinting.</p> <p>The Run Leader brings the runners back to the Old Pens on a warm down run and directs static stretches at the end.</p>
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<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 Lavernock Road3. 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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<u>Summer and Winter Variations</u>	<p>Light reflective clothing required in winter</p> <p>Head torches not required as all areas near roads and cars should be reasonably well lit.</p>
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<u>Additional Comments:</u>	<p>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.</p> <p>Everyone recovers back to the start point between sprints.</p>
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