

SESSION BRIEFING SHEET

Session Name: Sully Terrace Loops



Objective: Build Strength & Stamina

Meeting Point: Old Penarthians RFC

Location: Sully Terrace, Penarth.

Map of Session location with Track :



<u>Description:</u>	<p>A warmup run is conducted from Old Pens to Sully Terrace, just off Westbourne Road. There are about 4 different routes to get there.</p> <p>This is a continuous effort session, using the path in the middle of Sully Terrace and the bridge on Archer Road as a natural loop. Runners choose own effort section, down, up, or whole loop.</p> <p>Once session over, runners may make their own way home. The Run Leader brings the remaining runners back to Old Pens on a warm down run and directs static stretches at the end.</p>
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<u>Safety Points:</u>	<p>Make sure there is a Tail Runner for safety on way out.</p> <p>Particular care to be taken crossing main roads.</p> <p>Take care on uneven pavements.</p> <p>Take care running in the road and watch out for cars from front and rear.</p>
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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 are relatively well lit.</p>
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<u>Additional Comments:</u>	<p>Run Leader can run alternate direction to encourage runners.</p>
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