

SESSION BRIEFING SHEET

Session Name: Robinswood Crescent



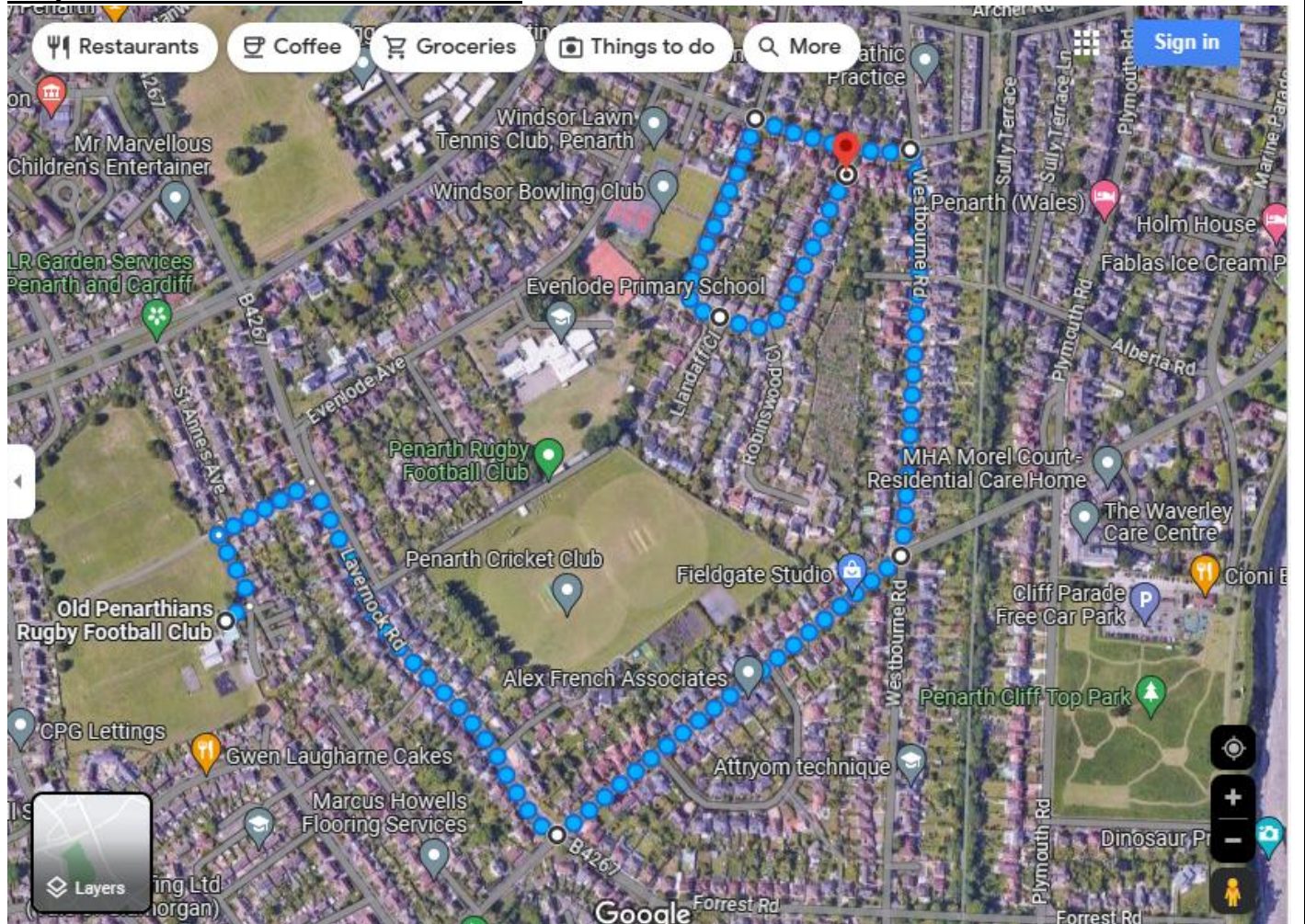
PENARTH AND DINAS
RUNNERS

Objective: Build Speed work at 70% Effort Rate

Meeting Point: Old Pens Rugby Club

Location: Robinswood Crescent, Penarth.

Map of Session location with Track :



Description:

A warm up run is conducted from Old Pens, turning right along Lavernock Road, then turning left along Augusta Road, then left up Westbourne Road. Then turning left along Clinton Road, to the top of Robinswood Crescent. There are about 4 different routes to get there.

This is a continuous effort session, using Robinswood Crescent as a natural loop. Runners choose own effort section, down, up or whole loop. Recovery across top and / or bottom.

	Once session over, runners may make their own way home from Robinswood Crescent. The run leader brings the remaining runners back to the leisure centre 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 Lavernock Road.
<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as all areas are relatively well lit.
<u>Additional Comments:</u>	The run leader may at his / her discretion allow a mid-session break or reverse direction half way through. Coach should run alternate direction to encourage runners.