

SESSION BRIEFING SHEET

Session Name: Sully Brook Loops



PENARTH AND DINAS
RUNNERS

Objective:

Build Stamina and Exercise the Aerobic Energy System

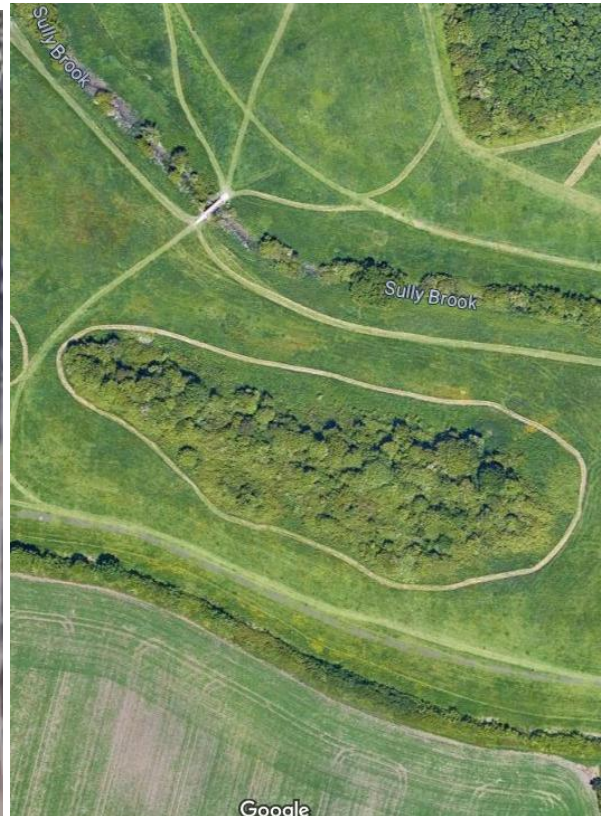
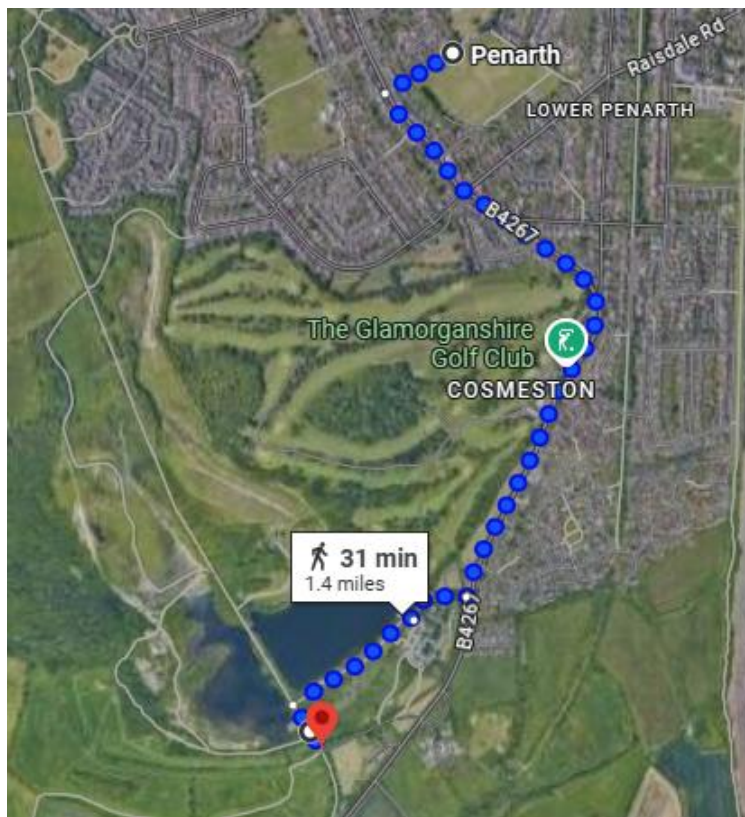
Meeting Point:

Penarth Athletic / Rugby Club (PAC)

Location:

Bottom meadow along Sully Brook in Cosmeston Lakes Park

Map of Session location with Track :



Description:

The Warm up run proceeds to the start of the effort session in the meadow at the bottom of Mile Lane opposite the medieval village, using the large bank at the bottom of which runs the Sully Brook.

The effort session is a continuous loop around the rough copse on the side of the bank.

	<p>From the bottom along the Sully Brook, runners go UP the left-hand side, ACROSS the top and DOWN the right-hand side in a clockwise direction.</p> <p>The leader can allow a break half-way through, keep the same direction or reverse it, or make it a continuous session depending on the runners in the session.</p> <p>The run leader brings the runners back to the PAC on a warm down run, allowing members to peel off as desired, then 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 all roads 3. Conduct a recce loop to check the condition of the route around the copse and to familiarise any runners unfamiliar with the session.
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<u>Summer and Winter Variations</u>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable in winter</p> <p>Possibly use alternate run in route around back lake and down from top field and across Sully Brook on the small foot bridge.</p> <p>Advise use of hybrid trail shoes</p>
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<u>Additional Comments:</u>	<u>None</u>
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