

SESSION BRIEFING SHEET

Session Name: Group Tempo Circuit
5k / 3.1 Miles



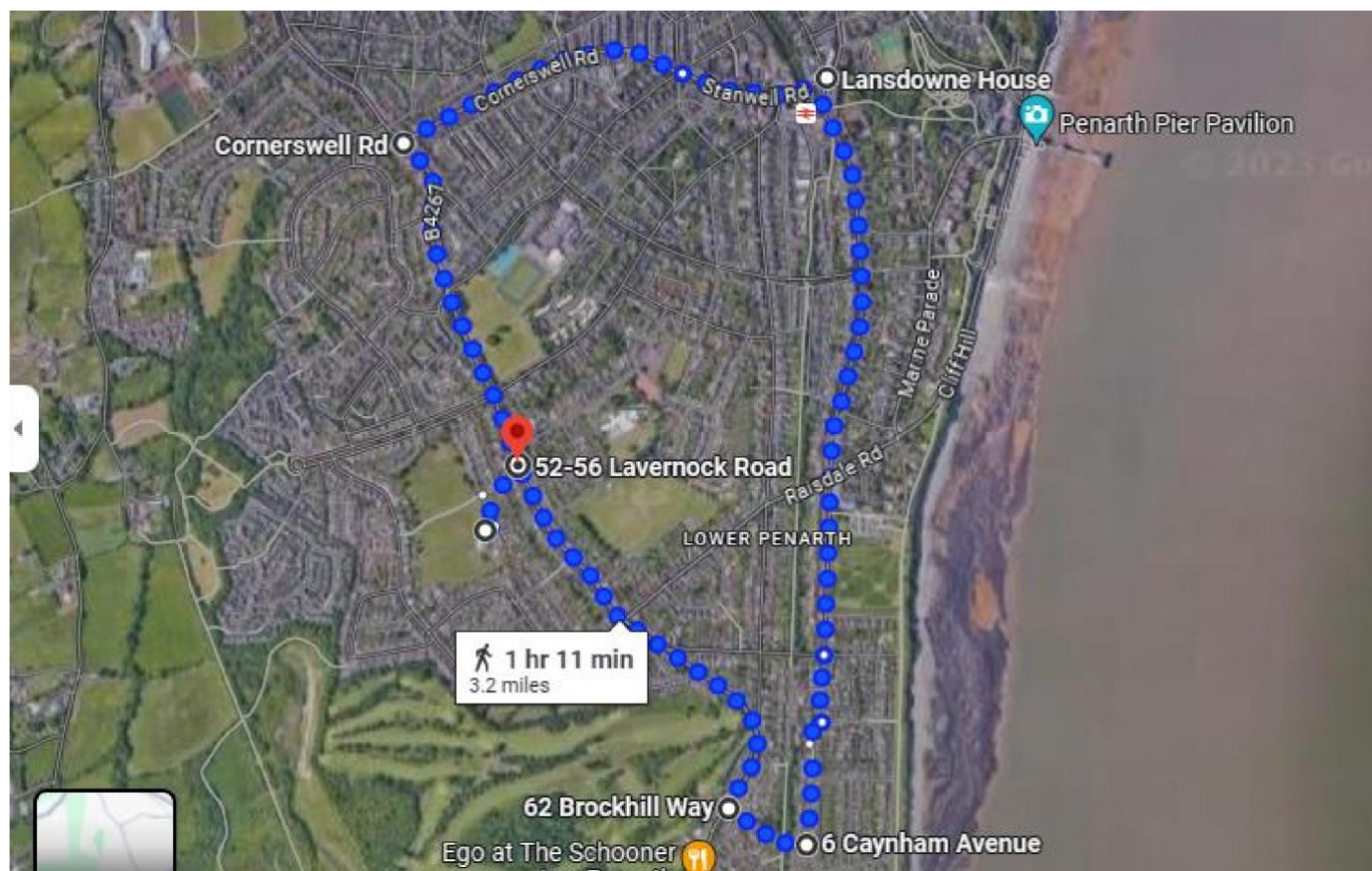
PENARTH AND DINAS
RUNNERS

Objective: Test tempo for road running

Meeting Point: Penarth Athletic (Rugby/Cricket Club)

Location: 5k / 3.1 Mile Tempo Rad Run around Penarth

Map of Session location with Track :



<u>Description:</u>	<p>Start and finish is on Lavernock Road heading South, to Brockhill Drive, Up Caynham Road, through the lane and up Plymouth Road all the way to the Railway Pub.</p> <p>Turn left onto Stanwell Road and continue straight on to the bottom of Cornerswell Road.</p> <p>Turn left again and head up to the lights at the Cefn Mably, then proceed down to the start / finish point on Lavernock Road.</p>
	<p>Each group proceeds at their tempo pace for 5k / 3.1 miles of the handicap course.</p> <p>Slowest runners go first, and faster runners go last. If staggered correctly all runners should arrive at the end together, or very close.</p>

<u>Safety Points:</u>	<ol style="list-style-type: none"> 1. Make sure all runners understand the route 2. Runners to stay on paths and pavements whenever safe to do so 3. Great care to be taken crossing all junctions around the full course. 4. If ever in doubt of road conditions STOP before crossing roads. 5. Be very aware of cars on the roads on which you are running, especially from behind. 6. Look out for each other at all times.
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<u>Summer and Winter Variations</u>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable for the dark sections</p>
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<u>Additional Comments:</u>	<p>Run Leader sees all groups off and then checks them all in at the end.</p>
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