

SESSION BRIEFING SHEET

Session Name: Race the Relays



PENARTH AND DINAS RUNNERS

Objective:

Race the Relay Course in best personal time.

Meeting Point:

Penarth Athletic / Rugby Club (PAC)

Location:

Cosmeston Country Park

Map of Session location with Track :



<p><u>Description:</u></p>	<p>The Warm up run proceeds to the Cosmeston Relay start.</p> <p>The effort of the session is the 3 mile relays course.</p> <p>Runners set of delayed slowest to fastest 10 mins – 6 min milers.</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>
<p><u>Safety Points:</u></p>	<ol style="list-style-type: none"> 1. Make sure there is a tail runner for safety on way out. 2. Make sure all runners know he course before starting.
<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable in Winter</p> <p>Road shoes for this session</p>
<p><u>Additional Comments:</u></p>	<p><u>Correct form required:</u> Arms driving backwards, knee up, toe up and triple extension with back foot pushing off hard. Maximum effort.</p>