

## SESSION BRIEFING SHEET

Session Name: Robinswood Crescent



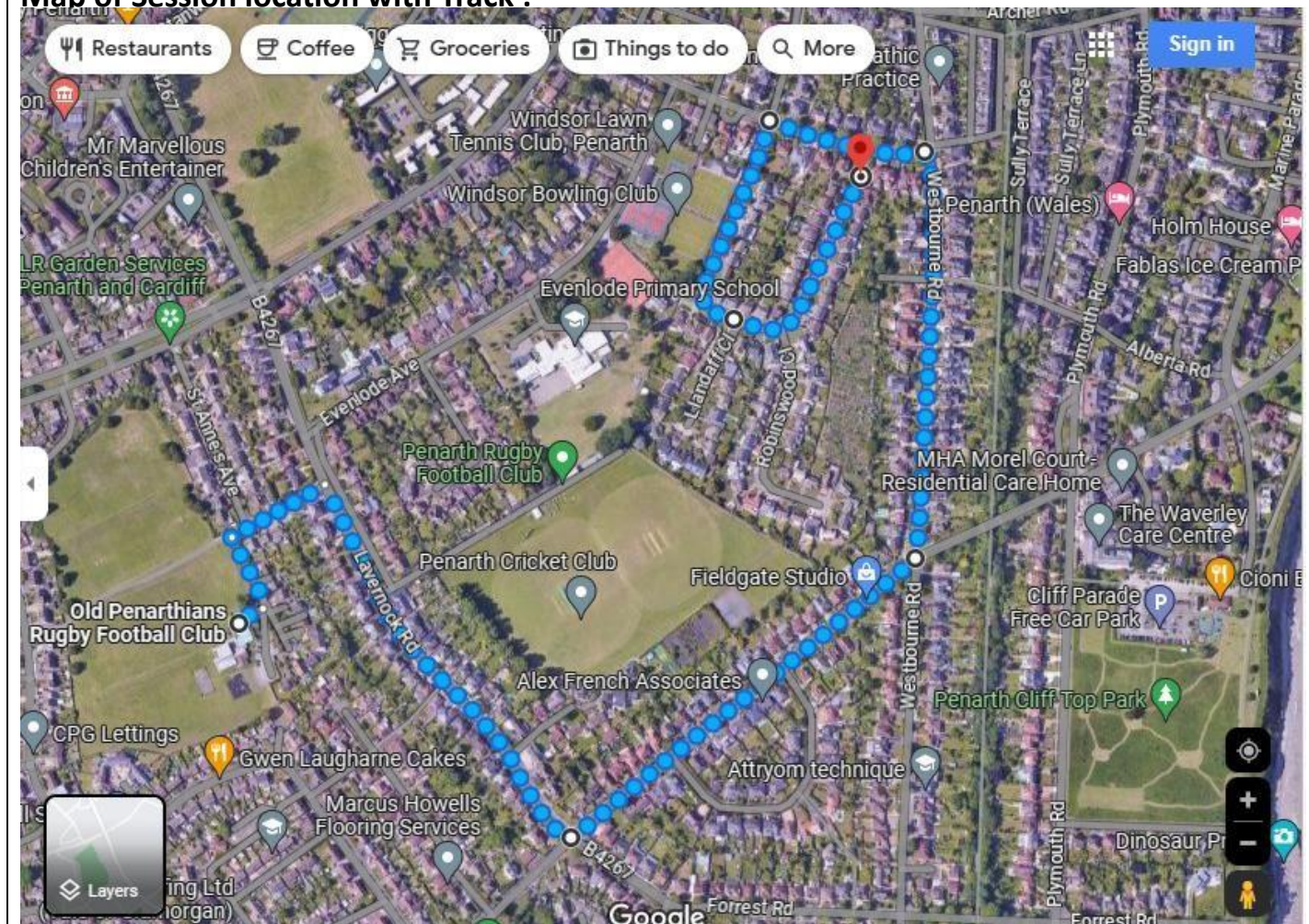
PENARTH AND DINAS  
**RUNNERS**

Objective: Build Speed work at 70% Effort Rate

Meeting Point: Penarth Athletic (Rugby/Cricket Club)

Location: Robinswood Crescent, Penarth.

### Map of Session location with Track :



<b><u>Description:</u></b>	<p>A warmup run is conducted from Penarth Athletic, turning left 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.</p> <p>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.</p>
	<p>Once session over, runners may make their own way home from Robinswood Crescent. The Run Leader brings the remaining runners back to Penarth Athletic on a warm down run and directs static stretches at the end.</p>

<b><u>Safety Points:</u></b>	<ol style="list-style-type: none"> <li>1. Make sure there is a Tail Runner for safety on way out.</li> <li>2. Care to be taken crossing Lavernock Road.</li> </ol>
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<b><u>Summer and Winter Variations</u></b>	<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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<b><u>Additional Comments:</u></b>	<p>The Run Leader may at his / her discretion allow a mid-session break or reverse direction halfway through.</p> <p>The Run Leader should run alternate direction to encourage runners.</p>
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