

SESSION BRIEFING SHEET

Session Name: Alexandra Park Loops

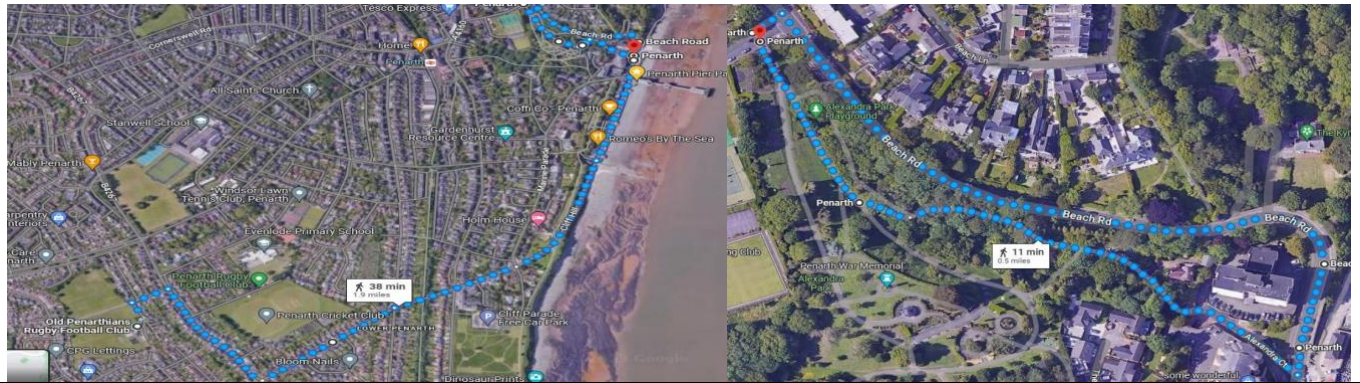


Objective: Build Strength and Stamina

Meeting Point: Penarth Athletic (Rugby/Cricket Club)

Location: Alexandra Park, starting at the bottom opposite the seafront.

Map of Session location with Track :



Description:

The warmup run proceeds from Penarth Athletic towards the cliff top, then along the esplanade to the bottom gate to Alexandra Park.

The effort is up through the park, using one of three routes, then recover back down beach hill, and repeat.

A break in the middle can be used at the discretion of the Run Leader. Finish session at the top.

This simple loop session requires pacing and stamina. The second half is much harder than the first.

The Run Leader brings the runners back to Penarth Athletic on a warm down run and directs static stretches at the end.

<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. Take care to watch all runners across Lavernock Road 3. Try and get everyone to stick to the pavements as far as possible. 4. Be particularly aware of traffic when running the circuit as runners will automatically go into the road, especially on the way down Beach Hill
-------------------------------------	--

<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable as some of the steps and roads are not well lit.</p>
---	--

<p><u>Additional Comments:</u></p>	<p>Advisable for the Run Leader to run contra direction to runners at all times to give encouragement, control where they are running and let them know when mid-point stop is to happen and when session is finishing.</p>
---	---