

SESSION BRIEFING SHEET

Session Name: Snaky Climbs (Marina)



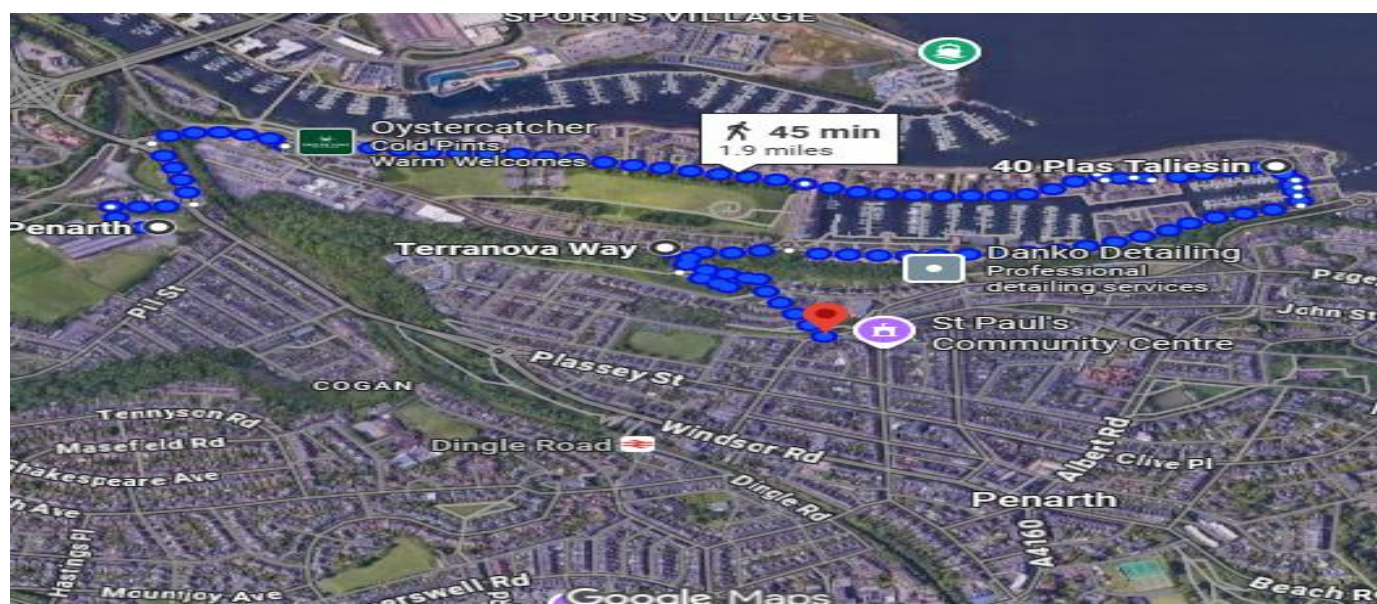
PENARTH AND DINAS
RUNNERS

Objective: Build stamina and endurance

Meeting Point: Penarth Leisure Centre

Location: Terra Nova Way, Penarth Marina

Map of Session location with Track :



<u>Description:</u>	The warmup run proceeds from Penarth Leisure Centre through the Marina to the bottom of the Marina lock gates, then back to the bottom of St Joseph's Park Hill. Runners assemble at the bottom of the snaky path that goes up to St Joseph's Mews. The session consists of 7 reps up the hill. 6 "effort" reps to the top of the hill. First to make it starts back down the hill on recovery run, picking up everyone else on the way back down. The final 7th leg goes through St Joesph Mews and up the steps to come out on Harbour View Road. Individual runners are at liberty to make their own way home to various locations in Penarth, whilst the Run Leader brings everyone else back to Penarth Leisure Centre on a warm down run and directs static stretches at the end.
<u>Safety Points:</u>	1. Make sure there is a Tail Runner for safety on way out. Great care to be taken crossing junctions on the way out and care crossing side roads by individual runners. 2. Take care on the run back to Penarth Leisure centre, crossing Plassey Street and particularly at the bottom of Windsor Road at the small roundabout.
<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as most sections are well lit.
<u>Additional Comments:</u>	Run Leader can run last but move through the field making sure they are aware of everyone as they move up and down the hill. Add a small pack if you want to enhance to stamina element by carrying some weight / full ultra pack.