

SBOC Fitness, Strength and Mobility Sessions ~ 6.30pm – 7.30pm

Meeting in The Woodland Centre at Penllergare from 6.15pm ready to start at 6.30pm.
Car Park entrance off the A48 close to the layby at Lezzet Restaurant ///flows.noble.translated

Parking at The Woodland Centre. The gate may be pulled too upon arrival to stop members of the public from using the car park, however it will not be locked and access can still be gained. Just make sure you close the gate again after you have parked. If you park in the layby on the A48 or arrive on foot, please let the session leader know.

There are facilities in the centre and you can leave kit here if required. Whilst we are out training the centre will be locked, but if you require access during the session, please let the session leader know.

What to Expect

Sessions will primarily focus on improving running strength and technique whilst secondarily improving the cardiovascular system. These will be specifically effective for targeting the aerobic system and having the foundation of running fitness. The faster sessions that these club nights are based upon are for adding the different gears and strength that you will require, especially when encountering the varied terrain of an orienteering course.

Sessions are suitable for all abilities, but we ask that if you have any physical limitations or health concerns, that you discuss these with the session coach, so they can tailor activities for you accordingly.

Sessions will start with a warm up and finish with a cool down - something we often forget when preparing for and after finishing an event, and include:

- Faartleks
- Plyometric/strength work
- Intervals - Short, Long & Lactate
- Hill Sprints
- Conditioning

Sessions will predominantly be out in the park. Torches will be essential, wear suitable footwear for muddy, wet and slippery trails and clothing to keep warm.

Safety

You must sign onto the session when you arrive and check that your contact number is correct - the sign-in sheet will be in a Paperdry clipboard and be left by the fence of The Woodland Centre.

We ask that you have a mobile phone with you for the duration of the session – small phone sized bumbags are available to borrow if required, with the session leaders number saved in your phone for emergency use - this can be found on the sign-in sheet.

You must sign out at the end of the session.

All U16's must be accompanied by a parent or guardian during the session.

16-17 year-olds may attend without a parent or guardian, in the understanding that the session leader will act In loco parentis.

Everyone who participates does so at their own risk and is responsible for their own safety, for bringing appropriate medication if required, and for participating at the correct level for their ability.

If you become unwell or sustain an injury whilst participating, or decide to cut the session short, it is your responsibility to inform the session coach/leader, or ask a suitable person to do so on your behalf.

If you leave the session early, you must sign out before heading home.