

West Cheshire AC Road Running



Cheshire County Sports Club Tuesday Summer Training Sessions 2018

Meet at the Cheshire County Sports Club, Upton 6:20pm to leave at 6:30.

All routes are between 9 and 10 miles. All routes have 6 efforts of varying length.

1. Barrow: <http://www.mapmyrun.com/workout/1666811924/>
2. Saughton: <http://www.mapmyrun.com/workout/1682322332/>
3. Canal: <http://www.mapmyrun.com/workout/1504890920/>
4. Mollington: <http://www.mapmyrun.com/workout/2181326333/>
5. Christleton: <http://www.mapmyrun.com/workout/1634560424/>
6. Eccleston: <http://www.mapmyrun.com/workout/1650442379/>

Barrow	Saughton	Canal	Mollington	Christleton	Eccleston
3rd April	10 th April	17 th April	24 th April	1 st May	8 th May
15 ^h May	22 nd May	29 th May	5 th June	12 th June	19 th June
26 th June	3 rd July	10 th July	17 th July	24 th July	31 st July
7 th August	14 th August	21 st August	28 th August	4 th September	11 th September
18 th September	25 th September	WINTER			

The first four Tuesdays in September is when the Multi-Terrain League on the Wirral takes place, most runners from this group compete in it. In October we revert to Winter sessions again.