



## CHESHIRE COUNTY SC UPTON - WINTER TRAINING SESSIONS 2018-2019

### 1. **Bumpers Lane** **with 7 efforts** **approx 9.3 miles**

*This session is for faster than race speed with the exception of Sovereign Way which is at race speed.*

Steady jog from club along A41 to Weston Grove then Wealstone Lane and Mill Lane to the Bache Roundabout –

**EFFORT 1** – about **580 m** down Countess Way to Parkgate Rd.

| Cross over for –

**EFFORT 2** – about **490 m** effort along Deva Link to traffic lights at Saughall Road

| Easy along Saughall Rd into Stadium Way and down to start of bridge over brook next to allotments –

**EFFORT 3** – about **220 m** from start of bridge to the lights at Sealand Rd

| Easy along Bumpers Lane to [Chester Football Club] –

**EFFORT 4** – about **830 m** along Sovereign Way to Sealand Rd.

| Easy along Sealand Road to Tesco –

**EFFORT 5** – about **440 m** short effort from Tesco to bridge over brook

| Jog along Sealand Rd then New Crane St to the Walls –

**EFFORT 6** – about **410 m** along Nuns Rd.

| Jog along Castle Drive past the Groves to Dee Lane –

**EFFORT 7** – **3 x about 110 m** short hill sprints up Dee Lane from about 1/2 way up

| Jog to club by Boughton/ Hoole Ln/ Crawford's Walk/ Hamilton/ St, Newton Ln/ Plas Newton Ln.

### 2. **Green Lane** **with 7 efforts** **approx 10.1 miles**

*This route has long and med efforts which should be at faster than 5k pace i.e. if you are targeting 6.30 min/mile over 5 miles then have a go at 6.30 for the 1 mile Sandy Lane effort which should replicate a race type situation.*

Steady jog from club down A41 past Hoole Hall and turn right into Green Lane then right onto Queens Road and stop. –

**EFFORT 1** – about **690 m** along Queen's Road to May Tree Ave.

| Steady jog to Shell Garage cross to start of the grass verge in Pearl Ln

**EFFORT 2** – about **330 m** to Ring Road [A41]

| Easy along A41/ Caldly Valley Rd to small roundabout by Sainsburys

**EFFORT 3** – about **890 m** along Caldly Valley Rd to junction of Gorse Way

| Steady jog **turn right** along Caldly Valley Road to Chester Road and then left and right into Butterbache stop at next corner – about 100 m

**EFFORT 4** – about **610 m** from start of the long leg round corner to Chester Road

| Easy along Chester Rd back to start of Butterbache –

**EFFORT 5** – **1 mile** to the end of Sandy Lane at 10k race pace

| Easy along Boughton, down Dee Lane to the Groves and stop at the rowing club –

**EFFORT 6** – about **150 m** In pairs, short effort to Suspension Bridge

| Jog up to Souter's Lane/ onto Walls at Pepper St/ along to Northgate/ down Parkgate Road to start of Countess Way –

**EFFORT 7** – about **620 m** up Countess Way to the Bache roundabout

| Jog back to club by Mill Lane, Egerton/ Bache/ Thornton/ Neston Drives, Wealstone Lane and Plas Newton Lane

### 3. **Moston** **with 8 efforts** **approx 9.9 miles**

*Mixed Session*

Steady jog from club along A41 past Hoole Hall towards first set of traffic lights

**EFFORT 1** – about **790 m** run from traffic lights to Sainsbury roundabout

| Jog Vicars Cross/ Tarvin Rd/ Boughton to top of Dee Lane –

**EFFORT 2** – about **230 m one** full effort **downhill** – Dee Lane top to bottom

| Jog down to The Groves stop at Boathouse pub –

**EFFORT 3** – about **160 m** effort from Boathouse to beneath the bridge

| Jog over bridge to Queens Park Overleigh rd stop at St Mary's church

**EFFORT 4** – about **580 m** St Mary's church to Overleigh roundabout

| Jog along Grosvenor Rd over bridge to Nuns Rd –

**EFFORT 5** – about **410 m** Nuns Road to Watergate Street

| Jog along city walls to St Martins Way –

**EFFORT 6** – about **550 m** St Martins Way bridge to fountains roundabout

| Jog along Liverpool Rd passed Morrison's stop at Edgerton Arms –

**EFFORT 7** – about **910 m** run from Edgerton Arms to Frog pub

| Jog along Liverpool rd till you reach dip in the road –

**EFFORT 8** – about **640 m** from dip in road to roundabout

| Jog along Moston rd, Long lane back to Club house

### 4. **Westminster Park** **with 9 efforts** **approx 10.7 miles**

*This session is mixed speed.*

Steady jog from club down A41 down to the Piper

**EFFORT 1** – about **810 m** down Hoole Lane to Canadian Avenue mini roundabout

| Jog down along Hoole Lane to canal at Lock Vaults –

**EFFORT 2** – about **480 m** along the canal towpath to the bridge at City Road

| Easy along canal to lower of 3 locks –

**EFFORT 3** – about **70 m** in pairs hard back up sharp slope - repeat 3 times

| Easy along Whipcord Ln/ Gladstone Av/ and left along to Tower Rd -

**EFFORT 4** – about **590 m** up Tower Road/ Canal St to Northgate

| Jog down walls/ City Walls/ Nuns Rd to Grosvenor Road bridge -

**EFFORT 5** – about **300 m** from south end of the bridge to Overleigh roundabout

| Jog along and cross Wrexham Rd, stop opp. Nuffield

**EFFORT 6** – about **520 m** flat and fast along footpath (by A483) to Bus Stop.

| Jog down to Five Ashes/Rowcliffe Ave to Merton Drive on left.

**EFFORT 7** – about **370 m** around Merton Drive back out to Rowcliffe Ave.

| Turn right onto Lache Lane and jog to Vincent Drive.

**EFFORT 8** – about **600m** at 10k pace from Vincent Drive to Overleigh Roundabout

| Jog along Grosvenor Rd to Nuns Rd –

**EFFORT 9** – about **450 m** along Nuns Rd to the Watergate.

| Jog back along City Walls Rd/ St Martin's Way/ Liverpool Rd/ Brook Ln/ Plas Newton Ln

### 5. **Sandy Lane** **with 3 out and back continuous Hill efforts** **approx 10.5miles**

Steady jog down the A41 to Green Lane at Vicars Cross Road/Tarvin Road turn right head towards Sandy Lane

**EFFORT** – Run down Sandy Lane/ Dee Banks for one mile / **Easy** on the down hills/ **Medium** pace on the flat/ **Hard** up the hills turn at **Butterbache** – run back up Sandy Lane repeating the same/ **Easy** on the down hills/ **Medium** pace on the flat/ **Hard** up the hills

| **Do this out & back 3 times = 6 miles in total** |

| Regroup at the top of Sandy Lane jog back to the club via various options

e.g. Hoole Lane/Canadian Ave/Fairfield Road or Crawford's Walk/Hamilton Street/Newton Lane .



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**ALL ROUTES ARE BETWEEN 9 MILES AND 11 MILES MEET AT 6.20PM TO LEAVE AT 6.30PM**

**Schedule**

Route 1	Route 2	Route 3	Route 4	Route 5
2 <sup>th</sup> Oct	9 <sup>th</sup> Oct	16 <sup>th</sup> Oct	23 <sup>th</sup> Oct	30 <sup>th</sup> Oct
6 <sup>th</sup> Nov	13 <sup>th</sup> Nov	20 <sup>th</sup> Nov	27 <sup>th</sup> Nov	4 <sup>th</sup> Dec
11 <sup>th</sup> Dec	18 <sup>th</sup> Dec	25 <sup>th</sup> Dec	1 <sup>st</sup> Jan	8 <sup>th</sup> Jan
15 <sup>th</sup> Jan	22 <sup>nd</sup> Jan	29 <sup>th</sup> Jan	5 <sup>th</sup> Feb	12 <sup>th</sup> Feb
19 <sup>th</sup> Feb	26 <sup>th</sup> Feb	5 <sup>th</sup> Mar	12 <sup>th</sup> Mar	19 <sup>th</sup> Mar
26 <sup>th</sup> Mar	Change to Summer Routes			

Mapmyrun links

Route 1: Bumpers Lane

[www.mapmyrun.com/routes/view/1042133](http://www.mapmyrun.com/routes/view/1042133)

Route 2: Green Lane/Butterbache

[www.mapmyrun.com/routes/view/32648296](http://www.mapmyrun.com/routes/view/32648296)

Route 3: Moston

[www.mapmyrun.com/routes/view/32739628](http://www.mapmyrun.com/routes/view/32739628)

Route 4: Westminster Park

[www.mapmyrun.com/routes/view/139934883](http://www.mapmyrun.com/routes/view/139934883)

Route 5: Sandy Lane

[www.mapmyrun.com/routes/view/32906574](http://www.mapmyrun.com/routes/view/32906574)