



CHESHIRE COUNTY SC UPTON - WINTER TRAINING SESSIONS 2019-2020

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/ Crawfords 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

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

Northgate/ down Parkgate Road to start of Countess Way –

| 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 10.5 miles

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 .



CHESHIRE COUNTY SC UPTON - WINTER TRAINING SESSIONS 2019-2020

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
1 th Oct	8 th Oct	15 th Oct	22 nd Oct	29 th Oct
5 th Nov	12 th Nov	19 th Nov	26 th Nov	3 rd Dec
10 th Dec	17 th Dec	24 th Dec	31 st Jan	7 th Jan
14 th Jan	21 nd Jan	28 th Jan	4 th Feb	11 th Feb
18 th Feb	25 th Feb	3 rd Mar	10 th Mar	17 th Mar
24 th Mar	Change to Summer Routes			

Mapmyrun links

Route 1: Bumpers Lane

www.mapmyrun.com/routes/view/1042133

Route 2: Green Lane/Butterbache

www.mapmyrun.com/routes/view/32648296

Route 3: Moston

www.mapmyrun.com/routes/view/32739628

Route 4: Westminster Park

www.mapmyrun.com/routes/view/139934883

Route 5: Sandy Lane

www.mapmyrun.com/routes/view/32906574