

West Cheshire AC Road Running



Cheshire County Sports Club Tuesday Summer Training Sessions 2021

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
30 th March	6 th April	13 th April	20 th April	27 th April	4 th May
11 th May	18 th May	25 th May	1 st June	8 th June	15 th June
22 th June	29 th June	6 th July	13 th July	20 th July	27 th July
3 rd August	10 th August	17 th August	24 th August	31 st August	7 th September
14 th September	21 st September	WINTER ROUTES			

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.