

## SLH Thursday Evening Training Sessions

### Winter Season (Oct-Mar)

No.	Name	Directions from SLH Club House	The Session	Comments
1.	Ullswater Industrial Estate	<p>Ullswater Crescent, first left after the bridge up Marlpit Lane.</p> <p>Warm up route - Fairdene Road, up Moorsom Way, left along Downs Road.</p>	<p>500m. Downhill start, uphill finish.</p> <p>Start at the top of the hill by the lamp post on the corner. Run down the hill, clockwise around the roundabout and back up the hill.</p> <p>Example Session: 7 x with 90s recovery.</p>	<p>One of the early Autumn sessions and repeated in mid-Winter.</p> <p>Occasional traffic – usually fairly quiet – Take care to look out for oncoming vehicles at the roundabout. Well lit.</p>
2.	Ullswater Industrial Estate	<p>Ullswater Crescent, first left after the bridge up Marlpit Lane.</p> <p>Warm up route - Fairdene Road, up Moorsom Way, left along Downs Road.</p>	<p>1200m or 950m. Undulating.</p> <p>Start at the cul-de-sac end of Ullswater Crescent. A long rep of around 4 to 4.5 mins, there are 2 versions.</p> <p>1. Run along the flat and at the end turn left down the hill to the roundabout. Clockwise around the roundabout, back up the hill, turn right and first right into 'Breakfield'. Run to the final lamp post on the right before the steep down hill, turn round, run back and turn right into</p>	<p>Usually a mid-Winter endurance session. Also used for build up to the Marathon.</p> <p>Occasional traffic – usually fairly quiet – Take care to look out for oncoming vehicles at the roundabout. Well lit.</p>

			<p>Ullswater Crescent and finish at the end of the road. Approx 1200m.</p> <p>2. The 2<sup>nd</sup> option is a shorter option, missing out 'Breakfield'. Approx 950m</p> <p>Example Session: 5 x with 90s recovery.</p>	
3.	Ullswater Industrial Estate	<p>Ullswater Crescent, first left after the bridge up Marlpit Lane.</p> <p>Warm up route - Fairdene Road, up Moorsom Way, left along Downs Road.</p>	<p>700m. Flat.</p> <p>This session uses 'Redlands' in the Industrial Estate. Start at the cul-de-sac end of Redlands, run to the roundabout, clockwise around the roundabout and back to the start. Approx 700m</p> <p>Example Session: 8 x with 60s recovery.</p>	<p>A flat alternative to the Industrial Estate session.</p> <p>Occasional traffic – usually fairly quiet – Take care to look out for oncoming vehicles at the roundabout. Well lit.</p>
4.	Coulsdon Rise	<p>2<sup>nd</sup> left up Marlpit Lane is Marlpit Avenue. Coulsdon Rise is 1<sup>st</sup> right off Marlpit Avenue.</p> <p>Warm up route - Cross over the footbridge at Smitham station, follow the footpaths through Coulsdon Woods to Rutherwick Rise and turn right and run down to</p>	<p>300m. Hill.</p> <p>Start at the bottom of the hill and run for 60s up the hill. Jog down and repeat.</p> <p>Example Session: 10 x 60s. Jog down recovery.</p>	<p>A mid-Winter hill session.</p> <p>Some traffic and parked cars. Keep to the side to allow cars to pass.</p>

		Marlpit Avenue.		
5.	Bradmore Way	<p>4<sup>th</sup> right up Marlpit Lane is Hillside Road. Bradmore Way is at the bottom of Hillside Road.</p> <p>Warm up route - Cross over the footbridge at Smitham station and follow the footpaths through Coulsdon Woods up to and across Rutherwick Rise, past Byron school and into St Davids Road. At the end, turn right into Stoneyfield Road and cross over Marlpit Lane into Hillside Road.</p>	<p>300m. Hill.</p> <p>Start at junction of Hillside Road and run up for 60s. Jog down and repeat.</p> <p>Example Session: 10 x 60s. Jog down recovery.</p>	<p>An alternative (less busy) hill session to Coulsdon Rise. Can you make it to the flat section within 60s?</p>
6.	Tollers Estate	<p>Tollers Estate off Tollers Lane in Old Coulsdon.</p> <p>Warm up route - Chaldon Way (3<sup>rd</sup> right up Marlpit Lane), up Mead Way and right into Tollers Lane. Tollers Estate is on the right by Lacey Green.</p>	<p>450m. Flat.</p> <p>This session uses Ellis Road and Goodenough Way in Tollers Estate. It is a rectangular circuit of around 900m in total with a footpath that crosses through the middle. The start and finish is at either side of the footpath.</p> <p>The session is usually run as a parlauf relay where one partner runs one half of the circuit and hands over to the other</p>	<p>No through traffic, but some light traffic in the estate to be aware of.</p> <p>Allows faster runners to pair off with slower runners.</p>

			<p>partner to run the other half of the circuit. Meanwhile, the first runner crosses the middle during the recovery to make it to the hand over.</p> <p>Example Session: 8 x with 80-100s recovery.</p>	
7.	The Netherlands	<p>The Netherlands (or Dutch Village) is off Woodplace Lane at the far end of Downs Road.</p> <p>Warm up route - Fairdene Road or Downs Road and turn left into Woodplace Lane. The Netherlands is first on the right.</p>	<p>450m. Flat, then uphill, then downhill.</p> <p>Start and finish opposite the junction of Wilhelmina Avenue, underneath the lamp-post. Run the circuit anti-clockwise and finish by the last lamp-post on the left before exiting Wilhelmina Avenue.</p> <p>Example Session: 10 x with 60s recovery.</p>	<p>An old favourite with a short, sharp hill in the middle and a fast down hill finish.</p> <p>No through road and reasonably quiet and well lit. Finish the rep before the end of Wilhelmina Avenue and look out for traffic before jogging back into The Netherlands.</p> <p>Sometimes this session is run with a shorter rep finishing before the down-hill on Wilhelmina Avenue and walk/jog the recovery.</p>
8.	Cearn Way/ Coulsdon Court Road	<p>Coulsdon Court Road is parallel to Coulsdon Road and next to Coulsdon Court golf club.</p>	<p>Up to 500m. Hill.</p> <p>Start the session under the lamp-post at the top of Cearn Way. Run up Coulsdon Court Road and jog back recovery. Run as</p>	<p>Coulsdon Court Road is a quiet, well lit road and is a gradual up hill. It is less steep alternative to some of the other hill sessions.</p>

		<p>Warm up route - Brighton Road towards Purley. Turn right up Stoats Nest Road, which becomes Coulsdon Road. Cearn Way is 2<sup>nd</sup> on the left.</p>	<p>sets, do 3 efforts of reducing distance for 90s, 60s and 30s and then do 4 short sharp efforts of Cearn Way.</p> <p>Example Session: 3 x (90s,60s,30s + 4 x Cearn Way) with jog back recovery and 90s between sets.</p>	<p>The purpose of the session is to run each rep of the set with increasing intensity for less time. Can you reach the end of Coulsdon Court Road in 90s?</p> <p>JQ often adds spice to the session by making people run with their hands behind their back for the short effort up Cearn Way!</p>
9.	Coulsdon Woods	<p>Enter Coulsdon Woods estate via the new footbridge over the by-pass.</p> <p>Warm-up is either direct or along the Brighton Road towards Purley and turning right up Stoats Nest Road (becomes Coulsdon Road). Turn right into Petersfield Cres and into Hilliers Heath Road (cul-de-sac) and start/finish footpath.</p>	<p>Start/finish to session is on small footpath just after footbridge bridge on your left.</p> <p>Session is a parlaaf (teams of 2) selected to even partnerships where possible. Runner A &amp; B take the longer circuit around footpaths, generally uphill out and returning downhill (2-3 mins approx) for 20-25 minutes duration. Alternative shorter circuit for youngsters or newcomers.</p>	<p>Ideal as a sharpener for imminent race as a certain anonymity prevails and efforts can be adjusted if necessary. However, can be testing, particularly if adversaries hand over at the same time!</p> <p>Session is also used as a ‘change’ from other more formal set-ups and can be useful when the weather is bad – quick return home.</p>
10.	Byron Avenue	<p>Byron Avenue is part of Coulsdon Woods and runs parallel with the Coulsdon Road.</p>	<p>300 to 400m. Hill.</p> <p>Start at the bottom of Byron Avenue and run up towards the junction of Rutherford</p>	<p>This session can cater for a variable group by running to time instead of distance.</p>

		<p>Warm up route - Brighton Road towards Purley. Turn right up Stoats Nest Road, which becomes Coulsdon Road. Turn right into Petersfield Crescent and run to the junction with the bottom of Byron Avenue.</p>	<p>Rise and where the road begins to bend round to the left. Stop when first runner reaches the top (Coach to blow a whistle). Jog back recovery.</p> <p>Example Session: 10 x 75s with jog down recovery.</p>	
11.	Stoats Nest Village	<p>Stoats Nest Village is situated off Stoats Nest Road.</p> <p>Warm up route - Brighton Road towards Purley. Turn right up Stoats Nest Road, under the railway bridge and take the first right, which is Stoats Nest Village.</p>	<p>350m or 700m. Slightly undulating.</p> <p>Start on the top side of the rectangle and run the loop anti-clockwise finishing back at the start. 1 lap is approx 350m. 2 laps about 700m.</p> <p>Example session: 6 x 2laps with 90s recovery.</p>	<p>It is possible to cater for a mixed ability group by pairing off a faster runner who runs 2 laps with a slower runner who runs 1 lap. The recovery and amount of effort will be about right for both.</p>
12.	Hartley Old Road	<p>Hartley Old Road is off Hartley Down near Old Lodge Lane.</p> <p>Warm up route - Brighton Road towards Purley, turn right into Old Lodge Lane opposite the fire station. Follow Hartley Down round to the right and Hartley Old</p>	<p>300m to 400m. Hill.</p> <p>Start at the first lamp post up on the left from the junction of Hartley Old Road and Hartley Down. Run up for 60s (Coach will blow a whistle). Jog back down for the recovery.</p> <p>Example Session: 10 x 60s with jog down recovery.</p>	<p>This session can cater for a variable group by running to time instead of distance.</p> <p>Sometimes used as a cut through by motorists so take care particularly near the bottom of the hill.</p>

		Road is the first left.		
13.	Meadow Hill	<p>Meadow Hill (actually dead flat) is off Smitham Bottom Lane and next to Woodcote School.</p> <p>Warm up route - Brighton Road past Waitrose, left up The Avenue, 2<sup>nd</sup> right along The Grove, 1<sup>st</sup> left up The Wend. Cross over Woodcote Grove Road into The Chase and take the footpath on the right half way along. The footpath continues across Grove Wood Hill and comes out in Meadow Hill.</p> <p>An alternative warm down is along Meadow Hill past the golf club to the Mount and left down Woodmansterne Lane.</p>	<p>350m. Flat.</p> <p>Start at the junction of Woodcote Park Avenue by the big tree outside the last house on the corner. Run towards Smitham Bottom Lane and stop when the first runner reaches the last lamp-post on the left. (The coach will blow a whistle). Take 30s recovery and run back the other way to the start. Take 60s recovery and repeat.</p> <p>Example Session: 12 x with 30s and 60s recovery. (i.e. 6 sets).</p>	<p>A well lit, flat and wide road, however the occasional traffic to and from the golf club is sometimes too fast. Be aware and keep to the sides to let vehicles pass.</p> <p>A good session run as a chase back so everyone runs for the same time.</p>
14.	Upper Woodcote Village	<p>Upper Woodcote Village is at the entrance to the exclusive Webb Estate. It is off Smitham Bottom Lane.</p> <p>Warm up route - Brighton</p>	<p>450m. Undulating.</p> <p>Start and finish on the corner of the green by the junction of Silver Lane. Run anti-clockwise and stop when the first runner has completed a lap. The coach will blow</p>	<p>Another old, tried and trusted favourite. Very quiet with occasional traffic. A chase back session, so good for a large group with varying ability.</p>

		Road past Waitrose, left up The Avenue, 2 <sup>nd</sup> right along The Grove, 1 <sup>st</sup> left up The Wend. Turn right into Woodcote Grove Road. Upper Woodcote Village is 5 <sup>th</sup> on the right.	a whistle. Take 30s recovery and run back the other way to the start. Take 90s recovery and repeat.  Example Session; 12 x with 30s and 90s recovery (i.e. 6 sets).	
15.	Web Estate Speed Bumps	Start and finish on the corner of Silver Lane in Upper Woodcote Village.  Warm up route - Brighton Road past Waitrose, left up The Avenue, 2 <sup>nd</sup> right along The Grove, 1 <sup>st</sup> left up The Wend. Turn right into Woodcote Grove Road. Upper Woodcote Village is 5 <sup>th</sup> on the right.	Fartlek. Undulating.  This session is a fartlek session around the exclusive Webb Estate, using the speed bumps as markers for every effort. The circuit is along Silver Lane, down Furze Hill, left into Furze Lane, left into Rose Walk, left into Woodcote Lane and finish back at the green in Upper Woodcote Village. One circuit takes in about 10 short efforts and takes about 12/13 minutes. Repeat if desired.  Example Session: 12-13mins of fartlek.	This session is usually done around Christmas time to take in the Lampoon style Christmas lights.  The roads are very quiet and well lit. One circuit is a light session, so often used as a sharpener prior to a big race on Saturday.
16.	The Horse Shoe (Walburton Road)	Walburton Road is situated in the Woodcote Estate off Smitham Bottom Lane.  Warm up route - Brighton	550m. Flat.  Start at the junction of the un-made road and run to the end of Walburton Road, turn left into Verulam Avenue and 1 <sup>st</sup> left	Quiet roads, but watch out for learner drivers practicing their u-turns! Take care turning into Verulam Avenue.

		<p>Road past Waitrose, left up The Avenue, 2<sup>nd</sup> right along The Grove, 1<sup>st</sup> left up The Wend. Cross over Woodcote Grove Road into The Chase and take the footpath on the right half way along. The footpath continues across Grove Wood Hill and comes out in Meadow Hill. Turn right and 1<sup>st</sup> left into the un-made road Woodcote Park Avenue. Walburton Road is 2<sup>nd</sup> on the right.</p>	<p>into Newton Road. Finish at the end of Newton Road and jog along the un-made road back to the start.</p> <p>Example Session: 8 x with 90s recovery.</p>	<p>This session is often run as a split effort by ‘cruising’ the first part at 90% and then sprinting flat out down Newton Road.</p>
17.	Peaks Hill	<p>The Peaks Hill circuit is the rectangle of roads around the John Fisher School site.</p> <p>Warm-up is towards Wallington and right along Foxley Lane and turning left into Peaks Hill Rise and meeting at junction of Peaks Hill and Church Road</p>	<p>Session A 400m reps – jog along Church Road, effort along Great Woodcote Park, jog along Woodcote Drive, effort along Peaks Hill. Number of reps to be determined for group (example: 12 x 400m jog recovery)</p> <p>Session B Longer rep (+/- 1200m). Start junction of Church Road and Great Woodcote Park completing 3 sides of circuit with recovery along Church Road. Number of reps to be determined for group (example: 5-6 x 1200m, 2 min recovery)</p>	<p>Session A Reasonably good surface for quick road running level reps. Best to have complimentary groups to ensure appropriate recoveries and continuity. Possible transition to track/park in spring.</p> <p>Session B Good long rep circuit with reasonably good flat surface. Good as long rep or controlled rhythm for marathon training. Used to be light traffic but time moves on!</p>

18.	The Mount	<p>The Mount estate at the top of Woodmansterne Road.</p> <p>Warm up route - Lion Green Road to the traffic lights at Chipstead Valley Road. Cross over and run along Woodman Road taking the path on the right over the railway line. Turn left into Woodmansterne Road and right up the hill. At the top, head for the Jack and Jill PH and continue into Longlands Avenue.</p>	<p>500m &amp; 600m. Flat</p> <p>This session is run as a Parlauf relay where one of the pair runs the slightly longer ‘half’ of the loop and the other runs the shorter loop.</p> <p>The session starts at the junction of Lloyd Avenue and Longlands Avenue. The ‘A’ leg runners run along Longlands Avenue to Richland Avenue, turn left and then left at the end into The Mount. The change over point with the ‘B’ leg runners is at the junction of Lloyd Avenue. The ‘B’ leg runners continue along The Mount, turning left into Longlands Avenue. The ‘A’ runners jog along Lloyd Avenue to the change over point where they started their rep.</p> <p>Example Session: 8 x with 80s – 100s recovery.</p>	Allows faster runners to pair off with slower runners.
19.	Beechwood Avenue	<p>Adjacent to the Mount estate at the top of Woodmansterne Road.</p> <p>Warm up route - Lion Green Road to the traffic lights at Chipstead Valley Road.</p>	<p>1300m &amp; 1100m. Flat with slight undulations.</p> <p>There are 2 options.</p> <p>1. Start on the corner of Beechwood Avenue and run along Grove Lane</p>	Watch out for traffic, particularly on the corner of Beechwood Avenue.

		<p>Cross over and run along Woodman Road taking the path on the right over the railway line. Turn left into Woodmansterne Road and right up the hill. Beechwood Avenue is 3<sup>rd</sup> on the left.</p>	<p>towards The Mount. Turn left into The Mount and run to the end, taking the 3<sup>rd</sup> left, Whitethorn Avenue. Run down Whitethorn Avenue and turn left into Beechwood Avenue. Finish at the end.</p> <p>2. The shorter alternative is to take the 2<sup>nd</sup> left off The Mount, Redford Avenue.</p> <p>Example Session: 5 x with 2mins recovery.</p>	
20.	Winifred Road	<p>Winifred Road runs parallel with St Andrews Road.</p> <p>Warm up route - Lion Green Road to the traffic lights at Chipstead Valley Road. Cross over and run along Woodman Road taking the path on the right over the railway line. Turn left into Woodmansterne Road and continue into St Andrews Road. Take the 4<sup>th</sup> on the right, Alexander Road, and run up to Winifred Road.</p>	<p>550m. Flat with a sharp uphill in the middle.</p> <p>Start on the corner of Winifred Road and Alexander Road and run along Winifred Road to Richmond Road. Turn left up the hill and left at the top into Beechwood Avenue. Finish at the end of Beechwood Avenue. Jog down Whitethorn Avenue for the recovery.</p> <p>Example Session: 8 x with 90s recovery.</p>	The first left hand turning is a tight turn.
21.	Pine Walk	Pine Walk is off Rectory Lane just past the Midday	650m. Undulating.	Take care rejoining Pine Walk following the decent down Upper

		<p>Sun PH.</p> <p>Warm up route - Chipstead Valley Road towards the Midday Sun PH. Turn right up Rectory Lane. Pine Walk is first on the left.</p>	<p>Start at the junction of Pine Walk and Upper Pines underneath the lamp post and parallel with the triangle in the road. Run along Upper Pines, keeping left, rejoin Pine Walk and finish at the completion of one lap.</p> <p>Example Session: 7 x with 90s recovery.</p>	Pines.
22.	Pine Walk	<p>Pine Walk is off Rectory Lane just past the Midday Sun PH.</p> <p>Warm up route - Chipstead Valley Road towards the Midday Sun PH. Turn right up Rectory Lane. Pine Walk is first on the left.</p>	<p>1k? Undulating.</p> <p>A longer option which takes in Manor Way and Chipstead Way. Start at the junction of PineWalk and Rectory Lane. Run away from the Midday Sun and take the first left which is Manor Way. Take the first left into Chipstead Way and left again into Pine Walk.</p>	
23.	Woodfield Hill	<p>Woodfield Hill is off the A23 south of Coulsdon South station.</p> <p>Warm up route - Chipstead Valley Road out of Coulsdon, turn left up Portnalls Road, turn left into Hollymeoak Road and Woodfield Hill is the first on</p>	<p>300m. Hill.</p> <p>Start at the lamp post near the bottom of the hill but before Wood Close. Run up to the junction of Starrock Road and jog down for the recovery.</p> <p>Example Session: 12 x with jog down recovery.</p>	A straight wide road which is not as busy as might be expected. Keep to your left going up and going down to allow groups to split and not get in each others way.

		the right.		
24.	Coulsdon By-Pass	<p>The new Coulsdon By-Pass goes from just south of Coulsdon South station on the A23 to just beyond Smitham station.</p> <p>Warm up route – Brighton Road north towards Smitham station and turn into the By-Pass and run back to the final road sign on the right hand side before the roundabout with the A23. A shorter option is to join the By-Pass at the bottom of Marlpit Lane.</p>	<p>400m to 600m. Flat.</p> <p>Start at the road sign before the A23 roundabout and run north for 2 mins. Take 60s recovery and run back the other way back to the start.</p> <p>Example Session: 8 x 2mins with 60s recovery.</p>	<p>A new session making use of the new By-Pass completed in 2006. A well lit and wide footpath on a not very busy By-Pass.</p> <p>A chase back session, so good for a large group with varying ability.</p>
25.	Cane Hill	<p>Cane Hill is the now derelict mental hospital at the top of a no through road off the A23 by Lion Green Road.</p> <p>Warm up route – Brighton Road south and join the By-Pass at the junction with Marlpit Lane. Run south to the footpath on the right and through the gate to the Cane Hill road. Run up to the top</p>	<p>300m to 400m. Hill.</p> <p>Start at one of the lamp posts and run up the hill for a timed effort. Jog back down for the recovery.</p> <p>Example Session: 10 x 60s with a jog down recovery.</p>	<p>This hill is well lit and not used by through traffic, therefore it is a safe option. Different options of distance and time exist to make the session flexible.</p>

		and down again to get a sufficient warm up.		
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### Summer Season (Apr-Sep)

1.	Memorial Park			
2.	Grange Park			
3.	Farthing Downs Hill			
4.	Farthing Downs T-Rooms			
5.	Ski-Slope			
6.	Happy Valley			
7.	Happy Valley Kart Track			
8.	Rickman Hill			
9.	Woodcote Grove Recreation Ground			
10.	Clockhouse Recreation Ground			
11.	Woodmansterne Park Recreation Ground			