

ELY RUNNERS' WEEKLY TRAINING PROGRAMME (TUESDAYS & THURSDAYS etc) JANUARY – APRIL 2019

High visibility bibs or t-shirts or jackets to be worn until daylight training resumes

Juniors to meet on Tuesdays (from 8th January) at 7 pm at the Paradise Centre and train in groups at one or more of the following locations as advised by coaches and on the notice board in the foyer of the Paradise Centre:

- Astro-Turf KSE (when/if available)
- Butt Drove
- Cannon (Palace Green) loop
- Isle Primary School
- Jubilee Gardens laps
- Kings Avenue
- Lantern Link path
- Lisle Lane
- Stour Green laps
- The Gallery

Coaches to ensure juniors are escorted and use pedestrian crossings and walk through Paradise car park.

Seniors meet on Tuesdays and Thursdays at 7pm in the upstairs bar at the Paradise Centre
Sunday training for seniors (usually 9:00 am outside the Paradise Centre) will be advised by weekly email.

Senior members are requested to take individual due care and consideration of traffic when crossing roads.

All members to be aware of people in parked cars who may open doors onto pavements without looking.

Abbreviations used: k = 1 kilometre (1,000 metres) m = 1 mile (1,760 yards)

Maps of some club training routes are at <http://www.elyrunners.co.uk/training.htm>

Running Safety & Training at Night: see <http://elyrunners.co.uk/trainingatnight.htm>

Audio equipment with earphones: These inhibit the user from hearing traffic approaching from behind and warnings from others. The use of all such equipment is therefore **NOT** permitted during club training or races.

Headlamps: If used for dark areas, turn off under street lights to avoid dazzling other runners (contra-flow) and pedestrians. Also, avoid compromising the night vision of nearby runners without headlamps.

There is a **FIRST AID KIT** in our club locker at the Paradise Centre. Ask 'Reception' for key

Tuesday 1st January (*meet outside closed Paradise Centre*)

The Gallery interval circuits of 1m from/to Cathedral camera lamppost
Fast from traffic lights at bottom of Park hill, Broad St, Back Hill, Gallery 0.6m

Recovery Gallery, Porta, Park hill 0.4m. *Keep left to avoid collisions*

Open level: 6 circuits

Club level: 4 or 5 circuits

Development level: 2-3 circuits

Paradise return 0.6m

Thursday 3rd January

1 or 2 laps of 3.4m Ely Hills circuit of 6 climbs (275') and 6 descents per lap (start/finish top Springhead Lane)

Open level: 2 laps as fartlek with climbs fast

Club level: 2 laps

Development level: 1 lap

(3.9m or 7.3m from/to Paradise)

Route at: http://www.elyrunners.co.uk/routes/ely_hills.htm

Tuesday 8th January

Lisle Lane & The Vineyards *fartlek* intervals

Start/finish by Cheffins, Market Square, Ely

1.75m circuit of 3 fast/hill strides (125' climb per lap) and 3 recoveries

Open level: 4 laps = 7m

Club level: 3 laps = 5.25m

Development level: 2 laps = 3.5m

Paradise return 0.5m

Map and more details at <http://www.elyrunners.co.uk/routes/vineyards.jpg>

(Juniors - see above)

Thursday 10th January

Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner. *Beware of corners if icy*

Open level: 6.25m as fartlek

Club level: 4.8m or 6.25m

Development level: 4.8m

Tuesday 15th January

Butt Drove 2 x lamppost intervals jog/run/stride/sprint repeats.

Start and finish at Cam Drive footpath turning to Isle of Ely Primary School. Follow (keeping left) wide tarmac footpath to school, where left and right to end of Butt Drove, where it joins King Edgar Close. Turn round at bollards and return to complete 1 mile set. *Slow down for sharp bends*

Open level: 5 sets = 5m

Club level: 4 sets = 4m

Development level: 2/3 sets = 2m/3m

1.8m return from/to the Paradise

(Juniors - see above)

Thursday 17th January

2, 3 or 4 laps x 1.9m circuit of Lynn Rd, Cam Dv, Downham Rd, and Egremont St

Open level: 4 laps

Club level: 3 laps

Development level: 2 laps

(8m, 6.1m or 4.2m to/from Paradise)

Tuesday 22nd January

Lantern Link Path intervals 2 x 600m fast with recovery loops 500m and 300m = 2k (1.25m) per lap.

Open level: 4-5 laps (8k-10k)

Club level: 3-4 laps (6k-8k)

Development level: 2-3 laps (4k-6k)

Keep left, beware bollards and respect other path users

Route from/to Paradise via Sports Field, Deacons Lane, John Amner Close and Dalton Way total 2.0k (1.25m)

(Juniors - see above)

Thursday 24th January

1 or 2 laps of 3.4m Ely Hills circuit of 6 climbs (275') and 6 descents per lap (start/finish top Springhead Lane)

Open level: 2 laps as fartlek with climbs fast

Club level: 2 laps

Development level: 1 lap

(3.9m or 7.3m from/to Paradise)

Route at: http://www.elyrunners.co.uk/routes/ely_hills.htm

Monday 28th January

Track training session for seniors and juniors from 8 pm to 9 pm at St Ives track with Head Coach Alan, Rutterford.

Meet outside Paradise 7:15 pm prompt to share transport for 8:00 pm start at the track.

£2 payable on the night to Head Coach Alan Rutterford. Changing and showers are included, lockers take £1 coin (refundable).

Tuesday 29th January

Interval circuits on Stour Green comprising 2 laps (0.48m) fast and 1 lap (0.24m) jog recovery = 1 set.

Open level: 6 sets (4.32m)

Club level: 5 sets (3.6m)

Slow down for sharp bends

Development level: 3-4 sets (2.16m – 2.88m)

1m from + 1m to Paradise

(Juniors - see above)

Thursday 31st January

2, 3 or 4 laps x 2.1 mile circuit of New/High Barns, King's Av, Lynn Road & Nutholt Lane.

Open level: 4 laps (8.4m)

Club level: 3 laps (6.3m)

Development level: 2 laps (4.2m)

Monday 4th February

ER Beginner's Course starts

Paradise Centre 7:00 pm to 8:00 pm (Mondays for 10 weeks)

Tuesday 5th February

Cam Drive (1k) intervals: Lynn Rd roundabout to Stour Green roundabout 370m (slow), Stour Green roundabout to Nene Rd 320m (fast), Nene Rd to Lt Downham Rd roundabout lamppost using Wissey Way 370m (slow). Return up hill on Cam Drive to Nene Rd 310m (fast)

Open level: 5 sets x 2k return = 10k

Club level: 4 sets x 2k return = 8k

Development level: 2/3 sets x 2k return = 4k/6k

Total distances 2.5m/3.75m/5m/6.25m + 1.5m return from/to the Paradise

Cautions: Cam Drive footpath is also a designated cycle route

Do not run on the Cam Drive road

(Juniors - see above)

Thursday 7th February

Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner. *Beware of corners if icy*

Open level: 6.25m as fartlek

Club level: 4.8m or 6.25m

Development level: 4.8m

Sunday 10th February

ER Club Cross-Country Championships, Cherry Hill Park & Dean's Meadow

Meet at the Paradise car park at **9:00 am** prior to jogging to the course to register for numbers and safety pins for race starts near to the Broad Street entrance of Cherry Hill Park as follows:

Junior Boys/Girls and -17 Men/Women 1.5 laps = 2.75 km (1.7 miles) start 9:45 am

Senior, Vet & -20 Men/Women 4 laps = 7.6 km (4.7 miles) start 10:15 am

This is a club event so please wear your club colours.

The Paradise Centre will be open from 9:00 am for toilets and changing.

To enter use link [Ely Runners 2018 XC Registration](#)

Tuesday 12th February

The Gallery interval circuits of 1m from/to Cathedral camera lamppost

Fast from traffic lights at bottom of Park hill, Broad St, Back Hill, Gallery 0.6m

Recovery Gallery, Porta, Park hill 0.4m. *Keep left to avoid collisions*

Open level: 6 circuits

Club level: 4 or 5 circuits

Development level: 2-3 circuits

Paradise return 0.6m

(Juniors - see above)

Thursday 14th February

2, 3 or 4 laps x 1.9m circuit of Lynn Rd, Cam Dv, Downham Rd, and Egremont St

Open level: 4 laps

Club level: 3 laps

Development level: 2 laps

(8m, 6.1m or 4.2m to/from Paradise)

Tuesday 19th February

Butt Drove 2 x lamppost intervals jog/run/stride/sprint repeats.

Start and finish at Cam Drive footpath turning to Isle of Ely Primary School. Follow (keeping left) wide tarmac footpath to school, where left and right to end of Butt Drove, where it joins King Edgar Close. Turn round at bollards and return to complete 1 mile set. *Slow down for sharp bends*

Open level: 5 sets = 5m

Club level: 4 sets = 4m

Development level: 2/3 sets = 2m/3m

1.8m return from/to the Paradise

(Juniors - see above)

Thursday 21st February

1 or 2 laps of 3.4m Ely Hills circuit of 6 climbs (275') and 6 descents per lap (start/finish top Springhead Lane)

Open level: 2 laps as fartlek with climbs fast

Club level: 2 laps

Development level: 1 lap

(3.9m or 7.3m from/to Paradise)

Route at: http://www.elyrunners.co.uk/routes/ely_hills.htm

Tuesday 26th February

Lisle Lane & The Vineyards *fartlek* intervals

Start/finish by Cheffins, Market Square, Ely

1.75m circuit of 3 fast/hill strides (125' climb per lap) and 3 recoveries

Open level: 4 laps = 7m

Club level: 3 laps = 5.25m

Development level: 2 laps = 3.5m

Paradise return 0.5m

Map and more details at <http://www.elyrunners.co.uk/routes/vineyards.jpg>

(Juniors - see above)

Thursday 28th February

2, 3 or 4 laps x 2.1 mile circuit of New/High Barns, King's Av, Lynn Road & Nutholt Lane.

Open level: 4 laps (8.4m)

Club level: 3 laps (6.3m)

Development level: 2 laps (4.2m)

Tuesday 5th March

Pace acceleration on the Stour Green 0.24m circuit using the 3 sides (1 of which is curved) in successive jog/run/stride/fast intervals. With 3 sides and 4 intervals, sides are used variably. *Slow down for sharp bends*

Open level: 20 circuits (4.8m)

Club level: 15 circuits (3.6m)

Development level: 10 circuits (2.4m)

1m from + 1m to Paradise

(Juniors – see above)

Thursday 7th March

Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner. *Beware of corners if icy*

Open level: 6.25m as fartlek

Club level: 4.8m or 6.25m

Development level: 4.8m

Tuesday 12th March

Lantern Link Path intervals 2 x 600m fast with recovery loops 500m and 300m = 2k (1.25m) per lap.

Open level: 4-5 laps (8k-10k)

Club level: 3-4 laps (6k-8k)

Development level: 2-3 laps (4k-6k)

Keep left, beware bollards and respect other path users

Route from/to Paradise via Sports Field, Deacons Lane, John Amner Close and Dalton Way total 2.0k (1.25m)
(Juniors - see above)

Thursday 14th March

2, 3 or 4 laps x 1.9m circuit of Lynn Rd, Cam Dv, Downham Rd, and Egremont St

Open level: 4 laps

Club level: 3 laps

Development level: 2 laps

(8m, 6.1m or 4.2m to/from Paradise)

Sunday 17th March

ER Turing Trail Relay

Ely Runners vs St Radegan Hash House Harriers

3-stages along the riverside or nearby footpaths

Stage 1: Ely to Waterbeach (11.7m)

Stage 2: Waterbeach to Green Dragon Bridge, Cambridge and back to Waterbeach (8.0m)

Stage 3: Waterbeach to Ely (12.1m)

Tuesday 19th March

Cam Drive (1k) intervals: Lynn Rd roundabout to Stour Green roundabout 370m (slow), Stour Green roundabout to Nene Rd 320m (fast), Nene Rd to Lt Downham Rd roundabout lamppost using Wissey Way 370m (slow). Return up hill on Cam Drive to Nene Rd 310m (fast)

Open level: 5 sets x 2k return = 10k

Club level: 4 sets x 2k return = 8k

Development level: 2/3 sets x 2k return = 4k/6k

Total distances 2.5m/3.75m/5m/6.25m + 1.5m return from/to the Paradise

Cautions: Cam Drive footpath is also a designated cycle route

Do not run on the Cam Drive road

(Juniors - see above)

Thursday 21st March

1 or 2 laps of 3.4m Ely Hills circuit of 6 climbs (275') and 6 descents per lap (start/finish top Springhead Lane)

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Club level: 2 laps

Development level: 1 lap

(3.9m or 7.3m from/to Paradise)

Route at: http://www.elyrunners.co.uk/routes/ely_hills.htm

Tuesday 26th March

The Gallery interval circuits of 1m from/to Cathedral camera lamppost

Fast from traffic lights at bottom of Park hill, Broad St, Back Hill, Gallery 0.6m

Recovery Gallery, Porta, Park hill 0.4m. *Keep left to avoid collisions*

Open level: 6 circuits

Club level: 4 or 5 circuits

Development level: 2-3 circuits

Paradise return 0.6m

(Juniors – see above)

Thursday 28th March

Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner. *Beware of corners if icy*

Open level: 6.25m as fartlek

Club level: 4.8m or 6.25m

Development level: 4.8m

Sunday 31st March
British Summer Time (GMT + 1 hour) begins and daylight training resumes
High visibility bibs or tops are not mandatory after the start of BST

Tuesday 2nd April

Water Board Hill (Kiln Lane) laps of 0.46m
Warm up via Springhead Lane to start of hill
Open level: 12 laps (5.52m)
Club level: 8 or 10 laps (3.68m or 4.6m)
Development level: 5-6 laps (2.3m or 2.76m)
Warm down via Springhead Lane to Paradise
+ 1.7m from/to Paradise
(Juniors – meet at Paradise Centre)

Thursday 4th April

Ely-Little Downham return via Main Street/Cannon Street loop
Open level: 2 loops (7.9m)
Club level: 1 loop (6.6m)
Development level: Turn round at Cannon Street (5.3m)

Tuesday 9th April

Brand & Campus fields fig 8 (big field/small field) laps of 1m. Long sides fast/short sides recovery
Open level: 6 laps
Club level: 4-5 laps
Development level: 3 laps
Paradise return 2.0m
(Juniors - meet at Paradise Centre)

Thursday 11th April

Golf course footpath and across bypass (*take care as fast road*) to footpath across fields to Lt Thetford where turn left for 0.25m and left again along public footpath to left turn across drain bridge and up track to re-join outward route before poultry houses (6.8m).
Open level: Repeat 1.7m poultry houses/Lt Thetford loop (8.5m)
Club level: Single 1.7m poultry houses/Lt Thetford loop (6.8m)
Development level: Turn round at Poultry houses (5.1m)

Tuesday 16th April

Lisle Lane (slow), Springhead Lane (fast), Kiln Lane (slow), small common (fast) 1.1m interval laps.
Open level: 6 laps (6.6m)
Club level: 4-5 laps (4.4m-5.5m)
Development level: 3-4 laps (3.3m-4.4m)
Paradise return 0.82m
(Juniors - meet at Paradise Centre)

Thursday 18th April

Quanea loops:
Open level: 7.66m or 9.3m circuits
Club level: 6.25m or 7.66m circuits
Development level: 5.5m circuit

Tuesday 23rd April

Campus field and hill interval circuit of 1.1m.
Open level: 6 laps (6.6m)
Club level: 4-5 laps (4.4m-5.5m)
Development level: 3-4 laps (3.3m-4.4m)
Paradise return 2.0m
(Juniors - meet at Paradise Centre)

Thursday 25th April

Circuits of the large Common, Kiln Lane (WBH), Springhead Lane, Pocket Park (via woodland path), Springhead Lane, Kiln Lane (WBH), and small Common. Start/finish at top of Kiln Lane (WBH).

Open level: 3 laps (7.5m)

Club level: 2-3 laps (5m-7.5m)

Development level: 1-2 laps (2.5m-5m)

Paradise return 1.2m

Tuesday 30th April

Water Board Hill (Kiln Lane) laps of 0.46m

Warm up via Waterside and riverbank to start of hill

Open level: 12 laps (5.52m)

Club level: 8 or 10 laps (3.68m or 4.6m)

Development level: 5-6 laps (2.3m or 2.76m)

Warm down via Springhead Lane to Paradise

Paradise return 2.4m

(Juniors - meet at Paradise Centre)

JT (training@elyrunners.co.uk) 31.12.2018