

BRC Training Schedule May 2017

Date	Run	Session	Kev Session
2 nd Tue	Out and Back using gravel path on Downs 25mins each way	Horseshoe Gravel Path Hill Reps 1.5 mile w/up 8-12 x 200m or 300m with jog recovery 1.5 mile c/down	Flat Gravel Path 3x90/60 5x60/45
4 th Thu	Brook Road/High Road/Thundersley Park/Kiln Rd/Glen/Shipwrights/top of Downs/School Lane/High Rd/Vicarage Hill/F-path by Golf course/Underhill/Golf course/Hope Rd 7 miles	Flat Gravel Path 3x90/60 5x60/45	Hills 4x2min/5min
6 th Sat	Track Eastwood 9.00-10.00am		
9 th Tue	Grove Rd/Avondale/Catherine Rd/Bread & Cheese/Rhoda Rd/Churchyard/Church Rd/Hart Rd/Common approach/Gt Burches/Fane Rd/Manor Rd/Church Rd/Kents hill/High Rd/Brook Rd 6.3 miles	Richmond Playing Fields short reps	W-Session
10 th Wed	Outdoor Circuit John Burrows 7.00-8.00pm		
11 th Thu	Meet Hockley Woods		
13 th Sat	Track Eastwood 9.00-10.00am		

16 th Tue	Golf Course/Underhill/The Glen/Kiln Rd/The Chase/Rayleigh Rd/Westwood/John Burrows/Rectory Rd/Castle Lane/Castle Hill/ Bottom of Downs 7.25 miles	Hill reps Glen Grass Opening 1.5 mile w/up 6-10 x 400m effort Jog recovery 1.5 w/down	2x7x1min dim recovery 90-40
17 th Wed	Outdoor Circuit John Burrows 7.00-8.00am		
18 th Thu	Badger Run 6.5 miles	2x7x1 min Dim Recovery	Hills 3 x 5 25/60sec
20 th Sat	Track Eastwood 9.00-10.00am		
23 rd Tue	Brook Rd/High Rd/Thundersley Park/Kiln Rd/Glen/Shipwrights/x Benfleet Rd/ Top of Downs/School Lane/Vic Hill/Golf Course/Underhill/Golf course/Hope Rd 7 miles	Intervals Richmond Playing Fields	Far Zig Zag Hill 2 sets 1 min/2min
24 th Wed	Outdoor Circuit John Burrows 7.00-8.00pm		
25 th Thu	Leigh station 8.25 miles	Far Zig Zag Hill 2 sets 1min/2min	'Guvner' session Downs
27 th Sat	Track Eastwood 9.00-10.00am		
30 th Tue	Badger Run 6.5 miles	Intervals Grave Path 1.5 mile w/up 6-8 x 400m efforts 400 m jog recovery 1.5 mile c/down	Hills 3x5 25/60