

BRC Training Schedule June 2017

Date	Run	Session A	Session B
1st Thu	Golf course/Underhill/Glen/Shipwrights/Benfleet Road/Vic House/London Rd/Castle Lane/Castle Hill/Bottom of Downs/Richmond 6.5 miles		Gravel Path Flat 8x1 min Effort/3min jog back
3rd Sat	Track Eastwood 9-10.00am		
6th Tue	Out and Back using gravel path on Downs 25mins each way	Shipwright Hill (Downs Side) 7x2min Efforts	'Guvnor' Session Downs
7th Wed	Outdoor Circuit John Burrows 7.00-8.00pm		
8th Thu	Meet at John Burrows Car Park		
10th Sat	Track Eastwood 9.00-10.00am		
13th Tue	Trail Run 6-7 miles (Follow written instructions)	Horse Shoe Gravel Path Efforts	Downs Hills 6x1 min/3min
14th Wed	Outdoor Circuit John Burrows 7.00-8.00pm		
15th Thu	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		Downs W-Session
17th Sat	Track Eastwood 9.00-10.00am		
20th Tue	Leigh Station and back 8.25 miles	Sea Wall Intervals	Hilly Loop 3x6min/3min
21st Wed	Outdoor Circuit John Burrows 7.00-8.00am		
22nd Thu	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		Hills 3 x 5 25/60sec
24th Sat	Track Eastwood 9.00-10.00am		
27th Tue	Badger Run 6.5 miles	Down Gravel Path 3x7min efforts	Flat 3x90/60sec 5x60/45sec
28th Wed	Outdoor Circuit John Burrows 7.00-8.00pm		

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29th 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 2x7x1min Recoveries 90-40 sec
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