

## BRC Training Schedule July 2017

Date	Run	Session A	Session B
1st Sat	Track Eastwood 9-10.00am		
4th 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	Glen Hill Reps (Bridle Path)	W Session Downs
5th Wed	Outdoor Circuit John Burrows 7.00-8.00pm		
6th Thu	Out and Back 25mins each way Using Creek Path past "Glady's"	Track session Waterside	
8th Sat	Track Eastwood 9.00-10.00am		
11th 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	Intervals Gravel Path 8x400m jog 400m recovery	Flat Gravel path 2x7x1min Recovery 90-40 sec
12 <sup>th</sup> Wed	No Circuit		
13th Thu	Meet Hockley Woods for 7.30, start		
15th Sat	Track Eastwood 9.00-10.00am		
18th Tue	Brook Rd/High rd/Avondale/Catherine Rd/Bread & Cheese/Rhoda Rd/Churchyard/Church Rd/Hart Rd/Common Approach/Gt Burghes/Fane Rd/Manor Rd/Church Rd/Kents Hill/High Rd/Brook Rd 6.3 miles  Or Pre race marshalls run of the Kirste 5 route, meet at fields opposite Grove Wood School SS6 8UA	Shipwrights Hill 7x2 min various recoveries	Far Hilly Loop 3x6min/3min
19st Wed	Outdoor Circuit John Burrows 7.00-8.00am		
20nd Thu	Badger Run 6.5 miles	Session TBA	
22th Sat	Track Waterside 9.00-10.00am		
25th Tue	Out and Back 25 mins Using Lower Gravel Path	The Glen (Field) Reps	Zig Zag Hill 4x2min effort 5 min jog recovery

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26th Wed	Outdoor Circuit John Burrows 7.00-8.00pm	
27th Thu	Leigh Station 8.25 miles	Interval session TBA
29 <sup>th</sup> Sat	Track Waterside 9.00-10.00am	