

BRC Training Schedule August 2017

Date	Run	Session A	Session B
1st 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	The Downs 3 Hills 5x25/60 sec	Flat Gravel Path 3x90sec/60 5x60sec/45
2nd Wed	Outdoor Circuit John Burrows 7.00-8.00pm		
3rd Thu	New Run Past Gladys's/Creek Path/ cross Railway/Zig-Zag Hill/Shipwrights hill/Glen/Vic Hill/Essex Way 6.3 miles	Track session Waterside	
5th Sat	Track Waterside 9.00-10.00am		
8th Tue	Brook Rd/High rd/Avondale/Catherine Rd/Bread & Cheese/Rhoda Rd/Churchyard/Church Rd/Hart Rd/Common Approach/Gt Burcghes/Fane Rd/Manor Rd/Church Rd/Kents Hill/High Rd/Brook Rd 6.3 miles	Track Session Waterside (Bring a bottle of water)	Far Zig-Zag 3x5min Efforts 3min recovery
10th Thu	<p style="text-align: center;">New Canvey Route 5.53 miles</p> <p>To Canvey and turn left onto FP (Wintergardens Path) next to recycling centre. Cross over main rd (Somnes Ave) continue on to FP other side until it comes out on Link Rd and turn right. Head for crossing by Morrisons and go over, take left FP near school. Continue on past school and then over lake bridge. Once over take a right along Lake FP. Go as far as you can to full end of lake where the only way out is a right turn into Linde Rd. Take a left into Waarden Rd and then left into Knightswick Rd, past Oysterfleet pub then left turn onto FP northern side of lake. Continue on until you see the bridge over the lake and take the right FP next to the school (same one come up on). To Link Rd then right to roundabout and a straight over to Elsinor Rd. At bend take a left into Hardy's Way then straight into the field heading for the sea wall and then take a left. Continue on and take a right on the main road and back to the club via the FP on other side of the railway bridge.</p>		
12th Sat	Track Waterside 9.00-10.00am		
15th Tue	Time Trial The Downs Approx 2.5 miles		
16th Wed	Outdoor Circuit John Burrows 7.00-8.00am		
17th Thu	One Tree Hill Meet at car park 7.00 pm SS17 9NH	Session TBA	
19th Sat	Track Waterside 9.00-10.00am		

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22nd Tue	Badger run 6.25 miles	Horseshoe Efforts	Flat Gravel path 2x7x1min 90-40 recovery
24th Thu	30 min Out and Back Upper Gravel Path Downs	Interval session TBA	
29th Tue	Leigh Station 8.25 miles	Sea Wall Efforts	Downs Hill/Steps 6x1 min efforts 3 min recovery
31 st Thu	Round Castle	Interval session TBA	