

BRC Training Schedule September 2017

Date	Run	Session A	Session B
2nd Sat	Effort session meet Benfleet Station Car Park 9.00-10.00am		
5th Tue	Brook Rd/High Rd/Vicarage Hill/Benfleet Rd/Vic House/Kiln Rd/Bread & Cheese/Kents Hill North/Church Rd/Manor Rd/Eversley Rd/Rushbottom La/Tarpots/High Rd 7.7 miles	Hill Circuits Mill Hill/Highcliff Road 1.5 mile warm up 8-10 400M circuits 1.5 mile cool down	Figure of 8 Loop 6 x A Lap
7th Thu	Essex Way/Benfleet Rd/Shipwrights/Kiln Rd/Kenneth Rd/Church Rd/Tarpots/London Rd/Kents Hill/High Rd/Brook Rd 7 miles		
9th Sat	Effort session meet John Burrows Car Park 9.00-10.00am		
12th Tue	25 min out & back to Canvey Island	Zig -Zag Efforts	3 Hills 7 x 25/60sec
14th Thu	Brook Rd/High Rd/Tarpots/London Rd/KKents Hill North/Church Rd/Hart Rd/Rayleigh Rd/Vic House/Benfleet Rd/Essex Way/Church/Fleet Road/Brook Rd 7.5 miles		
15 th Fri	Benfleet /LoSS Challenge 5 mile run from Leigh Station to The Anchor at Benfleet meet at Leigh Station 7.00pm		
16th Sat	Effort Session 9.00-10.00am Hadleigh Castle		
19th Tue	Essex Way/Benfleet Rd/Vic House/Rayleigh Rd/Hart Rd/Bread & Cheese/Kents Hill Rd/High Rd/Brook Rd 7 miles	Hill Circuits Riverview/Kings Road 1.5 mile warm up 8-10 400M circuits 200M effort 200M jog recovery 1.5 mile cool down	Loop of Tedium (W-Session)
21st Thu	High Rd/Clifton Ave/Kents Hill/Church Rd/Rushbottom Lane/Woodside Ave/Manor Rd/Church Rd/Tarpots/London Rd/Kemts Hill/High Rd 7 miles		
23rd Sat	Effort Session 9.00-10.00am Leigh Steps		
26th Tue	Brook Rd/High Rd/Kents Hill/Church Rd/Hart Rd/Daws Heath/New Rd/London Rd/Vic House/Benfleet Rd/Essex way/Fleet rd/Hope Rd/Brook rd 7.8 miles	Bird Estate Intervals 1.5 mile warm up 4-6 1K efforts with	3 hill 1K loop 6x3min 90/s/3min Rec

BRC Training Schedule September 2017

		400M jog recovery 1.5 mile cool down	
27th Wed	Circuit Training Appleton school 7.00-8.00pm (£4)		
28th Thu	The Ballbreaker route as full run 6 miles		
30 th Sat	Effort Session 9.00-10.00am One Tree Hill upper car park		