

BENFLEET RUNNING CLUB TRAINING OCTOBER 2017

Tues	3rd	Bird Estate Loop 5x4min effort/ 2 min Recovery	7×2 min effort/90,60,30 Recovery Fleet Road
Wed	4 th	Circuit Training for runners Appleton School Gym 7-8.00pm £4	
Thurs	5 th	Steady Run Essex way/Benfleet Rd/Vic House/Rayleigh Rd/Hart Rd/Church Rd/Tarpots/High Rd/Brook Rd. 7.3 miles	
Sat	7 th	Essex Cross Country Relays at Stubbers Park, Upminster RM14 2TY	
Tues	10 th	1st winter Time Trial	
Wed	11 th	Circuit Training for runners Appleton School Gym 7-8.00pm £4	
Thurs	12 th	Steady Run Book Rd/High Rd/Vicarage Hill/Benfleet Rd/Vic House/Kiln Rd/Bread&Cheese/Kents Hill Rd North/Church Rd/Manor Rd/Eversley Rd/rushbottom Lane/Tarpots High Road/Brook Rd 7.7 miles	
Sat	14 th	Effort Session Chalkwell Beach 9.00-10.00Am	
Tues	17 th	Figure 8 Loop Riverview Rd 3 x A & 2 x B	3×6 min Efforts/ 3 min Recovery Brook Rd/Hall Farm Rd etc
Wed	18 th	Circuit Training for runners Appleton School Gym 7-8.00pm £4	
Thurs	19 th	Steady Run Brook Rd/High Rd/Tarpots/London Rd/Bread & Cheese/Kiln rd/Benfleet RD/Vic House/Kiln Rd/Bread & Cheese/Kents Hill Rd/High Rd/Brook Rd 8 miles	
Sat	21 st	Effort Session meet Shipwrights Dr by old Hollywood 9.00-10.00am	
Tues	24 th	3 Hills Riverview/Sidwell/Mill Hill 7 x 25s up/60 down	Hill Circuits Hill Rd 4-6 1k loops
Wed	25 th	No Circuits	
Thurs	26 th	Steady Run Brook Rd/High Rd/Kents Hill Rd/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	
Sat	28 th	Essex League Race Horseheath	

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Tues	31st	Loop of Tedium 3 x 6mins/3min recovery	Riverview Hill Circuits 8-12 400m (200 effort/200easy)