

BENFLEET RUNNING CLUB TRAINING DECEMBER 2017

Sat	2nd	Effort Session One Tree Hill 9.00-10.00am	
Tues	5th	2nd Winter Time Trial	
Wed	6th	Circuit Training for runners Appleton School Gym 7-8.00pm £4	
Thurs	7th	Steady Run Brook Road/High Rd/Tarpots/London Rd/Bread & Cheese/Kiln Rd/Shipwrights/Benfleet Rd/Vic House/Kiln Rd/Bread & Cheese/Kents Hill/High Rd/ Brook Rd 8 miles	
Sat	9th	Effort session Benfleet Station Car Park 9.00-10.00am	
Tues	12th	Loop of Tedium Brook Rd/Fleet Rd etc 'W' Session + ?	21 Hills 25 sec effort/ 1 min recovery
Wed	13th	Circuit Training for runners Appleton School Gym 7-8.00pm £4	
Thurs	14th	Steady Run 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	
Sat	16th	Essex League Race venue TBA	
Tues	19th	3 Hill 1k Loop Hill Road 6x3min with 90s recovery	2 Min Efforts With diminishing recoveries 90/60/30
Wed	20th	Circuit Training for runners Appleton School Gym 7-8.00pm £4	
Thurs	21st	Steady Run 30 min Out & Back Essex Way/Vic House/London Rd to Leigh	
Sat	23rd	Effort Session Chalkwell Beach 9.00-10.00am	
Wed	27th	Effort Session John Burrows 9.00am	
Thurs	28th	30 min out and back Seafront run Meet Leigh Station 9.00am	
Fri	29th	Effort Session Gloucester Park 9.00am	
Sun	31st	Sunday League Cross Country Hadleigh	