

BENFLEET RUNNING CLUB TRAINING January 2018

Tues	2nd	Time Trial Loop Bird Estate 10 min Easy 20 mins Steady (10min Clockwise/10min anti Clockwise) 10min Easy	
Wed	3rd	Circuit Training for runners Appleton School Gym 7-8.00pm £4	
Thurs	4th	Easy/Steady Run Essex Way/Benfleet Rd/ Shipwrights/Kiln Rd/Kenneth Rd/Church Rd/Tarpots/London Rd/KentsHill/High Rd/Brook Rd 7.0 miles	
Sat	6th	Race Essex XC Champs	
Tues	9th	Figure 8 Loop Riverview 3 x A 2 x B	Greenwood Hill Circuits
Wed	10th	Circuit Training for runners Appleton School Gym 7-8.00pm £4	
Thurs	11th	Steady Run Brook Rd/High Rd/Tarpots/London Rd/Kents Hill/Church Rd/Hart Rd/Rayleigh Rd/Vic House/Benfleet Rd/Essex Way/Fleet Rd/Brook Rd 7.5 miles	
Sat	13th	Essex League Race Epping	
Tues	16th	3 Hills Riverview/Sidwell/Mill Hill 3 x 7 x 25/60cec	Zig Zag Efforts
Wed	17th	Circuit Training for runners Appleton School Gym 7-8.00pm £4	
Thurs	18th	Steady Run Essex Way/Benfleet Rd/Vic House/London Rd/Sutherlands/Highlands/Scrub Lane/Daws Heath/hart Rd/Church Rd/Kents Hill/High rd/Brook Rd 10.0 miles	
Sat	20th	Effort Session Leigh Steps 9.00-10.00am	
Tues	23rd	Diminishing Recoveries Fleet Road 7 x 2 min varied recovery	Hill Efforts Mill Hill/Highcliff
Wed	24th	Circuit Training for runners Appleton School Gym 7-8.00pm £4	
Thurs	25th	Steady Run Essex way/Benfleet Rd/Vic House/London Road/Hadleigh Road/Marine Parade/Tattersall/London Rd/Vic House/Benfleet Rd/Essex way 9.9 miles	
Sat	27th	Effort session Chalkwell Beach 9.00-10.00am	
Tues	30th	3 Hill 1k Loop Hill Rd/Fearnlea 'Guvner' Session	Bird Estate Intervals
Wed	31st	Circuit Training for runners Appleton School Gym 7-8.00pm £4	