

BENFLEET RUNNING CLUB TRAINING February 2018

Thurs	1st	Steady Run High Rd/Clifton/Kents Hill/Church Rd/Rushbottom Lane/Woodside/Manor Road/Church Rd/Tarpots/London Rd/Kents Hill/High Rd/Brook Rd 7.0 miles
Sat	3rd	Effort Session Gloucester Park 9.00am
Tues	6th	3rd Winter Time Trial
Wed	7th	Circuit Training for runners Appleton School Gym 7-8.00pm £4
Thurs	8th	Steady Run 'Essex Way/Benfleet Rd/Vic House/Rayleigh Rd/Hart Rd/Church Rd/Tarpots/high Rd/Brook Rd 7.3 miles
Sat	10th	Essex League Race Gloucester Park
Tues	13th	A) Figure 8 loop 3xB 2xA Riverview Road
		B) Hill Road/Fernlea 6x3 min efforts 90 sec and 180 sec recoveries
		C) Youth Group
Wed	14th	Circuit Training for runners Appleton School Gym 7-8.00pm £4
Thurs	15th	Steady Run 'Ballbreaker' continuous run 6.0 miles
Sun	18th	RACE Sunday League One Tree Hill
Tues	20th	A) Zig Zag course 40 sec efforts
		B) Loop of Tedium 3x6 min efforts 3 min recoveries
		C) Youth Group
Wed	21st	Circuit Training for runners Appleton School Gym 7-8.00pm £4
Thurs	22nd	Steady/Easy Run Essex way/Benfleet Rd/Shipwrights/Kiln Rd/Kenneth Rd/Church Rd/Tarpots/London Rd/Kents Hill/High Rd/Brook Rd 7.0 miles
Sun	25th	RACE Sunday League South Weald
Tues	27th	A) Loop of Tedium 1x6min 3x3min 4x90sec 1x6min 90 sec recoveries
		B) 21 Hills
		C) Youth Group
Wed	28th	Circuit Training for runners Appleton School Gym 7-8.00pm £4