

## BENFLEET RUNNING CLUB TRAINING MARCH 2018

Thurs	1st	<b>Steady Run</b> Brook Road/High Rd/Vic Hill/Benfleet Rd/Vic House/Kiln Road/Bread & Cheese/Kents hill Rd/Church Rd/Manor Rd/Eversley Rd/Rushbottom Lane/tarpots/high Rd/Brook Rd <b>7.7miles</b>
Sat	3rd	<b>Effort Session Hadleigh Castle 9.00am</b>
Sun	4th	<b>Race Essex 20</b>
Tues	6th	A) 3 Hills 7 x 25/60 Riverview/Sidwell/Mill Hill
		B) Diminishing recoveries 7 x 2mins Fleet Road
		C) Youth Group
Wed	7th	<b>Circuit Training for runners</b> Appleton School Gym 7-8.00pm £4
Thurs	8th	<b>Steady Run</b> 30 min or 40 min out and back Essex Way/Benfleet Road/Vic House/London Road to Leigh
Sat	10th	<b>Effort session One Tree Hill 9.00am</b>
Tues	13th	<b>AGM</b>
Wed	14th	<b>Circuit Training for runners</b> Appleton School Gym 7-8.00pm £4
Thurs	15th	<b>Steady Run</b> Brook Rd/High Rd/Tarpots/London Rd/Bread & Cheese/Kiln Rd/Shipwrights/Benfleet Rd/Vic house/Kiln Rd/Bread 7 Cheese/Kents Hill/High Rd/Brook Rd <b>8.0 miles</b>
Sat	17th	<b>Effort Session Leigh Steps 9.00am</b>
Sun	18th	<b>RACE The Grizzly</b>
Tues	20th	A) Loop of Tedium W- V- Session
		B) Greenwood Hill Reps
		C) Youth Group
Wed	21st	<b>Circuit Training for runners</b> Appleton School Gym 7-8.00pm £4
Thurs	22nd	<b>Steady Run</b> Essex Way/Benfleet Rd/Vic House/London Rd/Sutherland Blvd/Scrub Lane/daws Heath/Hart Road/Church Rd/Kents Hill/High Rd/Brook Rd <b>10.0 miles</b>
Sat	24th	<b>Track Session Waterside 9.00am</b>
Tues	27th	A) 3 Hill 1k loop 5x4min/2min rec Hill Road/Fernlea
		B) Zig – Zag Efforts
		C) Youth Group
Wed	28th	<b>Circuit Training for runners</b> Appleton School Gym 7-8.00pm £4
Thurs	29th	<b>Steady Run</b> Brook Rd/High Rd/Tarpots/London Rd/Kents Hill/Church Rd/Hart Rd/Rayleigh Rd/vic House/Benfleet Rd/Essex Way/Church/Fleet Rd <b>7.5miles</b>
Sat	31st	<b>Track Session Waterside 9.00am</b>