

## BENFLEET RUNNING CLUB TRAINING April 2018

Tues	3rd	A) Zig Zag 40 second efforts
		B) Greenwood hill Reps
		C) Youth Group
Thurs	5th	<b>Steady Run</b> Essex way/Benfleet Rd/Shipwrights/Kiln Rd/Kenneth Rd/Church Rd/Tarpots/High Rd/Brook Rd <span style="float: right;"><b>7.0 miles</b></span>
Sat	7th	<b>Track Session Waterside 9.00am</b>
Tues	10th	A) Loop of Tedium 6x3min/3min
		B) Loop of Tedium 1x6min 3x3min 4x90sec 1x6min (90sec recovery)
		C) Youth Group
Wed	11th	<b>Outdoor Circuit/Speed/Fun! John Burrows 6.45pm</b>
Thurs	12th	<b>Steady Run</b> Out & Back 30mins Brook Rd/High Road/Past Appleton/over A13/Manor Road/Woodside Av/Rushbottom Lane
Sat	14th	<b>Track Session Waterside 9.00am</b>
Tues	17th	A) 7x2min 90/60/30/90/60/30 recovery Fleet Road
		B) 3 Hill 1k loop Fernlea 6x3min 90s&3min recovery
		C) Youth Group
Wed	18th	<b>Outdoor Circuit/Speed/Fun! John Burrows 6.45pm</b>
Thurs	19th	<b>Steady Run</b> Church/School La/lower Gravel path/Castle/Castle La/London Rd/Vic House/Benfleet Rd/Essex way.
Sat	21st	<b>Track Session Waterside 9.00am</b>
Tues	24th	A) Hills 3x5x25/60sec (hopefully off road)
		B) As above
		C) Youth Group
Wed	25th	<b>Track Session Waterside 7.00pm</b>
Thurs	26th	<b>Steady Run</b> Church/School la/Summer TT route/School La/Essex Way/vicarage Hill/Brook Rd
Sat	28th	<b>Track Session Waterside 9.00am</b>