

BENFLEET RUNNING CLUB TRAINING MAY 2018

Tues	1st	A) Summer Time Trial
		B) Summer Time Trial
		C) Youth Group
Wed	2nd	Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm
Thurs	3rd	Steady Run School Lane/Lower Gravel path/Up Castle hill/London rd/Vic House/Essex Way (Or Back through hub) Approx 5.5 miles
Sat	5th	Track Session Waterside 9.00 am
Tues	8th	A) Lower gravel path 3x90sec(60sec) 5x60sec(45s)
		B) Glen 400m efforts
		C) Youth Group
Wed	9th	Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm
Thurs	10th	Steady Run Thundersley Park Road/Glen/Shipwrights/on to Downs upper gravel path/School Lane /Vic Hill/Golf course/Underhill/Golf course/Hope Rd 7.5 miles, (shorter route available by taking Benfleet Road after Ship Wrights)
Sat	12th	Track Session Waterside 9.00am
Tues	15th	A) 'Guvner' session Downs 1 st Notice Board
		B) Canvey sea wall efforts
		C) Youth Group
Wed	16th	Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm
Thurs	17th	Steady Run Meet John burrows Car Park
Sat	19th	Track Session Waterside 9.00am
Tues	22nd	A) Shipwrights Hill (Downs side) 7 x 2 mins varied recovery
		B) Near Zig Zag Hill Various hill efforts
		C) Youth Group
Wed	23rd	Track Session Waterside 7.00pm
Thurs	24th	Steady Run 'BADGER RUN' 6.5 miles
Sat	26th	Track Session Waterside 9.00am
Tues	29th	A) Track session Waterside
		B) Lower Gravel Path 3x90s(60s) 5x60s(45s)
		C) Youth Group
Thurs	31st	Steady Run 30 min Out & Back Sea Wall past The Gladys