

BENFLEET RUNNING CLUB TRAINING JUNE 2018

Sat	2nd	Track Session Waterside 9.00am
Tues	5th	A) Downs Hills 3x25/60sec
		B) Horseshoe Efforts
		C) Youth Group
Thurs	7th	Steady Run Golf Course/Underhill/Glen/Kiln Road/The Chase/Rayleigh Rd/Westwood/John Burrows/Rectory Rd/Castle Lane/Down Castle Hill/ Lower Gravel Path 7.25 miles
Sat	9th	Track Session Waterside 9.00am
Tues	12th	A) Meet One Tree Hill effort session
		B) Meet One Tree Hill Effort Session
		C) Youth Group
Wed	13th	Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm
Thurs	14th	Steady Run School Lane/Lower Gravel Path/ Past Castle/Up The Spine/Castle Lane/Thru Hub/Upper Gravel Path/School Lane 6.3 miles
Sat	16th	Track Session Waterside 9.00am
Tues	19th	A) 'Far Zig -Zag Hill Loop 3x 6 mins
		B) Sea Wall Gladys's Side Fartlek
		C) Youth Group
Wed	20th	Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm
Thurs	21st	"Trail Run" From Clubhouse
Sat	23rd	Track Session Waterside 9.00am
Tues	26th	A) Benfleet Marsh W -Session
		B) Track session
		C) Youth Group
Wed	27th	Track Session Waterside 7.00pm
Thurs	28th	Steady Run Leigh Station and back 8.25 miles
Sat	30th	Track Session Waterside 9.00am