

## BENFLEET RUNNING CLUB TRAINING JULY 2018

Tues	3rd	<b>2<sup>nd</sup> Summer Time Trial</b>
Wed	4th	<b>Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm</b>
Thurs	5th	<b>Steady Run</b> 30 min out & back run using upper gravel path
Sat	7th	<b>Track Session Waterside 9.00am</b>
Tues	10th	A) 'Guvner' Session Downs Crossroads B) The Glen Shipwrights Hills C) Youth Group
Wed	11th	<b>Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm</b>
Thurs	12th	<b>Steady Run</b> Nick's Chairman's run
Sat	14th	<b>Track Session Waterside 9.00am</b>
Tues	17th	A) 'Far Zig -Zag Hill 4x2 min efforts B) Upper Gravel path 3 x 7min efforts C) Youth Group
Wed	18th	<b>Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm</b>
Thurs	19th	<b>"Trail Run" Hockley Woods</b>
Sat	21st	<b>Track Session Waterside 9.00am</b>
Tues	24th	A) Track session B) Downs 3 Hills 5 x 25/60 C) Youth Group
Wed	25th	<b>Track Session Waterside 7.00pm</b>
Thurs	26th	<b>Steady Run</b> 1 Hour follow the leadern run Groups of around 6 each person to lead for 10 minutes
Sat	28th	<b>Track Session Waterside 9.00am</b>
Tues	31st	A) Lower Gravel Path 3x90/60 and 5x60/45 B) Snowy Hill 2 x 3 x 1min/2min C) Youth Group