

BENFLEET RUNNING CLUB TRAINING JULY 2018

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