

BENFLEET RUNNING CLUB TRAINING AUGUST 2018

Thurs	2 nd	Steady Run Grove Road/Avondale/Footpath to Catherine Rd/Rhoda Rd/Churchyard/Church Rd/Hart Rd/Gt Burched Rd/Fane Rd/Football Pitches/Manor Rd/Church Rd/Kents Hill/High Rd/Brook Rd, 6.3m Shorter route possible.
Sat	4th	Track Session Waterside 9.00am
Tues	7th	A) Near Zig Zag Hill Pyramid, 1 min up,2 down,90 sec up, 3 min down, 2 min up, 4 min down x 2
		B) 400m upper gravel path Efforts 6-8 efforts/ jog recovery back
		C) Youth Group
Wed	8th	Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm
Thurs	9th	Steady Run Badger Run 6.5 m Shorter route possible.
Sat	11th	Track Session Waterside 9.00am
Tues	14th	Track Day at Waterside “BRC Golden Mile” and Relays
Wed	15th	Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm
Thurs	16th	Steady Run Leigh station and back 8.25 m Shorter route possible.
Sat	18th	Track Session Waterside 9.00am
Tues	21st	Final Summer Time Trial on the Downs 4.3 k
Wed	22nd	Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm
Thurs	23rd	Steady Run School Lane/Lower Gravel path/Up Castle hill/London rd/Vic House/Essex Way (Or Back through hub) 6 m
Sat	25th	Track Session Waterside 9.00am
Tues	28th	A) Downs 3 Hills 5 x 25 sec effort/60 sec recovery back
		B) Downs 3 Hills 5 x 25 sec effort/60 sec recovery back
		C) Youth Group
Wed	29th	Outdoor Circuit/Speed/Fun! Waterside Track 7.00pm
Thurs	30th	Steady Run Sue’s Canvey Run 5.6 m details to follow.