

Benfleet RC Training Schedule September 18

Sat	1 st	Track session Waterside 9.00am
Tues	4 th	A) 7x2min Varied Recovery (Fleet road)
		B) Zig - Zags
		C) Youth Group
Thurs	6 th	Steady Run 25 min out & back Essex Way, Vic House, London Road to Leigh
Sat	8 th	Track Session Waterside 9.00am
Tues	11 th	A) 3 Hills Loop 6x3min (Hill Road)
		B) Loop of Tedium 3x6min (3min rec)
		C) Youth Group
Thurs	13 th	Steady Run High Rd/Clifton Av/Kents Hill/Church Rd/ Rushbottom/ Woodside/Manor Rd/Church Rd/Tarpots/London Rd/Kents Hill/High Rd 7.0 miles
Sat	15 th	Effort session John Burrows car park 9.00am
Tues	18 th	A) Loop of tedium W session + lap
		B) Ballbreaker
		C) Youth Group
Thurs	20 th	Steady Run Essex Way/ Benfleet Rd/ Shipwrights/ Kiln Rd/ Kenneth Rd/ Church Rd/ Tarpots/ London Rd/ Kents Hill/ High Rd/ Brook Rd 7.0 miles
Sat	22 nd	Effort Session meet Benfleet Station Car Park 9.00am
Tues	25 th	A) Figure 8 6xA lap (2 min) Riverview
		B) 7x2 min varied recovery (Fleet Road)
		C) Youth Group
Thurs	27 th	Steady Run Brook Rd/ High Rd/ Tarpots/ London Rd/ Kents Hill Rd/ Church rd/Hart Rd/Rayleigh Rd/ Vic House/ Benfleet Rd/ Essex Way/ Fleet Rd/ Brook Road 7.5 miles
Sat	29 th	Essex Cross Country Relays