

## Benfleet RC Training Schedule October 18

Tues	2 <sup>nd</sup>	A) Hills 3x7x25/60sec Riverview, Sidwell and Mill Hill
		B) Bird Estate 600M/800M/1000M Efforts
		C) Youth Group
Wed	3 <sup>rd</sup>	Circuit for Runner's Appleton School Gym 7.00-8.00pm
Thur	4 <sup>th</sup>	<b>Easy/Steady Run</b> Brook Road/High Rd/KentsHill/Bread & Cheese/ShipwrightsDr /Benfleet Rd/Essex Way /High rd/Brook Rd 6.3 miles
Sat	6 <sup>th</sup>	Effort session or Pre Race Waterside Track, Canvey 9.00am
Sun	7 <sup>th</sup>	<b>CLUB CHAMPS SOUTHEND 10K</b>
Tues	9 <sup>th</sup>	A) Zig - Zags
		B) Greenwood Hills 6-8 400M Efforts
		C) Youth Group
Wed	10 <sup>th</sup>	Circuit for Runner's Appleton School Gym 7.00-8.00pm
Thurs	11 <sup>th</sup>	<b>Steady Run</b> Essex Way/Benfleet Rd/Vic House/Rayleigh Rd/Hart Rd/Church Rd/Tarpots/High Rd/Brook Rd 7.3 miles
Sat	13 <sup>th</sup>	Effort session Chalkwell Beach 9.00am
Tues	16 <sup>th</sup>	A) 7x2 mins 90/60/30/90/60/30 Recovery Fleet road
		B) Figure 8 loop Queens road Riverview
		C) Youth Group
Wed	17 <sup>th</sup>	Circuit for Runner's Appleton School Gym 7.00-8.00pm
Thur	18 <sup>th</sup>	<b>Steady Run</b> Brook Rd/High Rd/Vicarage Hill/Benfleet Rd/Vic House/Kiln Rd/Bread & Cheese/Kents Hill/Church Rd/Manor Rd/Eversley Rd/Rushbottom lane/Tarpots/High Rd 7.7 miles
Sat	20 <sup>th</sup>	Effort session One Tree Hill Top car park 9.00am
Tues	23 <sup>rd</sup>	A) Ball Breaker (2 Efforts)
		B) Loop of tedium 3x 6min efforts
		C) Youth Group
Wed	24 <sup>th</sup>	No Circuit Half Term
Thur	25 <sup>th</sup>	<b>Steady Run</b> (Thanks Terry)  Brook Rd / Hope Rd / right, High Rd / Essex Way / Benfleet Rd / Vic House / right, London Rd / New Rd / Daws Heath Rd, / The Woodman's / Hart Rd / Church Rd / High Rd / Brook Rd 8.8 miles
Sat	27 <sup>th</sup>	<b>ESSEX LEAGUECROSS COUNTRY ROUND 1</b>
Tues	30 <sup>th</sup>	A) 3 Hill 1k loop 2x2/2.30/3 efforts Hill Road/Fernlea
		B) Hills 3 x7x 25/60 Riverview Sidwell and Mill Hill
		c) Youth Group
Wed	31 <sup>st</sup>	Circuit for Runner's Appleton School Gym 7.00-8.00pm