

Benfleet RC Training Schedule November 2018

Thur	1st	Steady Run Brook Road/High Rd/Tarpots/London Rd/Bread&Cheese/Kiln Rd/Shipwrights/Benfleet Rd/Vic House/Bread&Cheeses/Kents Hill/High Rd/Brook Rd 8.0 miles
Sat	3rd	Effort session Meet 9.00am Benfleet station car park
Tues	6 th	A) Bird estate time trial loop 1x6 3x3 4x90sec 1x6 all 90s recovery
		B) Hill Circuits Greenwood 6-10 400m efforts/400m recovery
		C) Youth Group
Wed	7th	Circuit for Runner's Appleton School Gym 7.00-8.00pm
Thurs	8th	Steady Run Brook Rd/High Rd/Kents Hill/Church Rd/Hart Rd/Daws Heath/New Rd/London Rd/Vic House/Benfleet Rd/essex Way/Fleet Rd/Hope Rd/Brook Rd 7.8 miles
Sat	10th	ESSEX LEAGUE Round 2
Tues	13 th	A) Figure 8 Loop A B A B A Queens Rd/Riverview
		B) One Mile Loop, Mile warm up, 3 x 6 min effort/ 3 min recovery, mile cool down
		C) Youth Group
Wed	14 th	Circuit for Runner's Appleton School Gym 7.00-8.00pm
Thur	15 th	Steady Run Essex Way/Benfleet Rd/Vic House/London Rd/Hadleigh Rd/Marine Parade/Tattersall/London Rd/Vic House/Benfleet Rd/Essex Way 9.9 mile
Sat	17 th	Effort session Gloucester Park 9.00am
Tues	20th	1st Winter Time Trial
Wed	21st	Circuit for Runner's Appleton School Gym 7.00-8.00pm
Thur	22nd	Steady Run “BALLBREAKER”
Sat	24th	Effort Session/Pre Race Waterside Track 9.00am
Sun	25 th	Sunday XC League Round 1
Tues	27th	A) Loop of Tedium “Guvner” Session
		B) 3 Hills 1k Loop Hill Road 2x2min/2.30/3min effort Jog rest lap recovery
		c) Youth Group
Wed	28th	Circuit for Runner's Appleton School Gym 7.00-8.00pm
Thurs	29th	Steady Run Out and back 30 min Kents Hill/Church Rd/ Hart Rd/ Rayleigh Rd