

Benfleet RC Training Schedule December 18

| | | |
|-------|------|---|
| Sat | 1st | Essex Vets U13 & U15 Cross Country Champs |
| Tues | 4th | A) 3 Hills 7x25/60sec Riverview Sidwell and Mill Hill |
| | | B) Bird Estate 600m/800m/1000m efforts |
| | | C) Youth Group |
| Wed | 5th | Circuit for Runner's Appleton School Gym 7.00-8.00pm |
| Thurs | 6th | Steady Run High Road/Clifton/Kents Hill/Church Rd/Rushbottom Lane/Woodside ave/Manor Rd/Church Rd/Tarpots/London Rd/Kents Hill/High Rd 7.0 miles |
| Sat | 8th | Effort session One Tree Hill |
| Tues | 11th | A) "Ballbreaker" include 2 Efforts |
| | | B) Loop of Tedium 4x1min 3x2min 2x3min 3x2min 4x1min |
| | | C) Youth Group |
| Wed | 12th | Circuit for Runner's Appleton School Gym 7.00-8.00pm |
| Thur | 13th | 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 | 15th | ESSEX LEAGUE ROUND 3 |
| Tues | 18th | A) Zig Zag's |
| | | B) Grosvenor Road hill efforts 6-8 300m with jog recovery |
| | | C) Youth Group |
| Thurs | 20th | Steady Run Essex Way/Benfleet Rd/Vic House/London Rd/Sutherlands/Highlands Blvd/Scrub Lane/Daws Heath/Hart Rd/Church Rd/Kents Hill/High Rd/Brook Rd 10.0 miles |
| Sat | 22nd | Effort Session Leigh Steps 9.00am |
| Mon | 24th | "Xmas Special" Effort Session John Burrows 9.00am |
| Thurs | 27th | "Xmas Special" Effort Session Gloucester Park 9.00am Steady Run Club 7.30pm Route to be confirmed |
| Fri | 28th | "Xmas Special" Leigh Station 9.00am 10 min Easy/40 min Steady/10 min Easy Out and Back on seafront |
| Sun | 30th | Sunday Cross Country League Round 2 |