

Benfleet RC Training Schedule January 2019

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| Thur | 3rd | Easy Run (Pre Essex Champs) Brook Rd/High Rd/Essex Way/Shipwrights/Kiln Rd/Bread&Cheese/Kents Hill/High Rd/Brook Rd 6 Miles |
| Sat | 5th | Essex Cross Country Champs |
| Tues | 8 th | A) Bird Estate Time Trial loop. W session + ½ Lap B) 3x25 Effort/60 sec Recovery Hills (Riverview, Sidwell and Mill Hill) |
| Wed | 9 th | Circuit Training for Runners Appleton School Gym 7.00-8.00pm |
| Thur | 10th | Steady Run or Fartlek Brook Rd/High Rd/Tarpots/London Rd/Kents Hill/Church Rd/Hart Rd/Rayleigh Rd/Vic House/Benfleet Rd/Essex Way/Church/Fleet Rd/Brook Rd 7.5 Miles |
| Sat | 12 th | Essex Cross Country League Round 4 |
| Sun | 13th | Sunday Cross Country League Round 3 |
| Tues | 15 th | A) 3 Hill 1k Loop 6x3min/90sec Rec (Fernlea Rd) B) Zig Zags |
| Wed | 16 th | Circuit Training for Runners Appleton School Gym 7.00-8.00pm |
| Thur | 17th | Steady Run or Fartlek Brook Rd/High Rd/Vicarage Hill/Benfleet Rd/Viv House/Kiln Rd/Bread&Cheese/Kents Hill/Church Rd/Manor Rd/Eversley Rd/Rushbottom/Tarpots/High Rd/Brook Rd 7.7 Miles |
| Sat | 19 th | Effort Session One Tree Hill 9.00pm |
| Tues | 22 nd | 2nd Winter Time Trial |
| Wed | 23rd | Circuit Training for Runners Appleton School Gym 7.00-8.00pm |
| Thur | 24th | Steady Run or Fartlek Brook Rd/High Rd/Tarpots/London Rd/Bread&Cheese/Kiln Rd/Shipwrights/Benfleet Rd/Vic House/Kiln Rd/Bread&Cheese/Kents Hill/High Rd/Brook Rd 8 Miles |
| Sat | 26th | Effort session Chalkwell Beach 9.00am |
| Tues | 29 th | A) Figure 8 Loop ABCBA (Queens Rd, Riverview, Hillside) B) Bird Estate Efforts 4 x 1K Efforts 400M Recovery |
| Wed | 30 th | Circuit Training for Runners Appleton School Gym 7.00-8.00pm |
| Thur | 31st | Steady Run or Fartlek Essex Way/Benfleet Rd/Vic House/London Rd/Hadleigh Rd/Marine Parade/Tattersall/London Rd/Vic House/Benfleet Rd/Essex Way/Church/Fleet Rd 9.9 Miles |