

Benfleet RC Training Schedule February 2019

Sat	2nd	Essex Cross Country League Basildon
Sun	3rd	Marathon Training Run 9.00am Venue TBC
Tues	5 th	Effort Session A) Bird Estate Time Trial loop. 'Guvner' Session B) Ballbreaker 2 or 10 efforts 6 miles
Wed	6 th	Circuit Training for Runners Appleton School Gym 7.00-8.00pm
Thurs	7 th	Steady Run or Fartlek Essex Way/Benfleet Rd/Vic House/Rayleigh Rd/Hart Rd/Church Rd/Tarpots/High Road/ Brook Road 7.3 miles
Sat	9 th	Marathon Training Run 9.00am Venue TBC
Sun	10th	Sunday Cross Country League Round 4
Tues	12th	Effort Session A) 7x2min efforts 90/60/30/90/60/30 sec Recovery. Fleet Road B) 30/60/90/120 efforts x 2 (with double the effort time jog return to start) Hill Road/ Underhill Road Junction. 1 mile warm up/ cool down 5-6 miles
Wed	13th	Circuit Training for Runners Appleton School Gym 7.00-8.00pm
Thurs	14th	Steady Run or Fartlek 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	16th	Marathon Training Run 9.00am Venue TBC
Sun	17th	Sunday Cross Country League Round 5
Tues	19th	Effort Session A) Loop of Tedium 2/3/4/5/4/3/2min efforts 2min jog recovery B) Greenwood Hills 6-8, 400 M efforts/ 400 M recovery with 1.5 mile warm up/cool down. 5-6 miles
Thurs	21st	Steady Run or Fartlek 30 or 35 min Out & Back Essex Way/Vic House/London Road to Leigh
Sat	23rd	Effort session Leigh Steps 9.00am
Sun	24th	Marathon Training Run 9.00am Venue TBC
Tues	26th	Effort Session A) Zig – Zags B) Loop of Tedium 1x6min 3x3min 4x90s 1x6min (90s jog recovery/ regroup) 1 mile warm up/cool down. 6 miles
Wed	27th	Circuit Training for Runners Appleton School Gym 7.00-8.00pm
Thurs	28th	Steady Run or Fartlek Essex Way/Benfleet Rd/Vic House/London Rd/Sutherlands/Scrub Lane/Daws Heath/Hart Rd/Church rd/Kents Hill/High Rd/Brook Rd 10.0 miles