

Benfleet RC Training Schedule March 2019

Sat	2nd	Effort Session One Tree Hill 9.00am
Sun	3rd	Essex 20
Tues	5 th	A) 3 Hills 7x25/60 B) Bird Estate 600M/800M/1000M efforts 2/2.5/3 mins recovery
Wed	6 th	Circuit Training for Runners Appleton School Gym 7.00-8.00pm
Thur	7 th	Steady Run or Fartlek High Road/CliftonAv/Kents Hill/Church Rd/Rushbottom Lane/WoodsideAv/Manor Rd/Church Rd/Tarpots/High Rd/Brook Rd 7.0 miles
Sat	9 th	Effort session Chalkwell Beach 9.00am
Sun	10th	The Grizzly or Marathon Training Run 8.30am Brook Road
Tues	12th	A) Figure 8 "Guvner" Session B) Zig -Zags
Wed	13th	Circuit Training for Runners Appleton School Gym 7.00-8.00pm
Thur	14th	Steady Run or Fartlek "Ballbreaker" 6.0 miles
Sat	16th	Effort Session Benfleet Station Car Park 9.00am
Sun	17th	Marathon Training Run 8.30am Brook Road
Tues	19th	CLUB AGM
Thu	21st	Steady Run or Fartlek Essex Way/Benfleet Rd/Vic House/London Rd/Hadleigh Rd/Marine Parade/Tattersall Gardens/London Rd/Vic House/Benfleet Rd/Essex Way 9.9 miles
Sat	23rd	Effort session Hadleigh Castle 9.00am
Sun	24th	Ultra Run
Tues	26th	Final Winter Time Trial
Wed	27th	Circuit Training for Runners Appleton School Gym 7.00-8.00pm
Thur	28th	Steady Run or Fartlek Brook Rd/High Rd/Tarpotslondon Rd/Kents Hill/Church Rd/Hart Rd/Rayleigh Rd/Vic House/Benfleet Rd/Essex Way/Fleet Rd/Brook Rd 7.5 miles
Sat	30th	Track Session Waterside 9.00am
Sun	31 st	Marathon Training Run 8.30am Brook road