

## BENFLEET RUNNING CLUB TRAINING JUNE 2019

<b>TUESDAY EFFORTS</b>	<b>4th</b>	<p><b>1, 3 HILLS – Summer Series (5 x 25 sec/ 60 sec recovery each hill) On Downs.</b></p> <p><b>2, GRAVEL PATH EFFORTS (Downs) 1.5 mile warm up 6-8 400M efforts/ 400M recoveries 1.5 mile cool down</b></p> <p><b>3, JAMES’S SESSION – Essex Way 4 x 3/2/1 mins up</b></p> <p><b>4, FARTLEK SESSION - 3x(50s jog/10s hard, 40s/20s, 30s/30s, 20s/40s, 10s/50s)</b></p> <p><b>5, BOBBY’S RUN</b></p>
<b>THURSDAY RUN</b>	<b>6th</b>	<p><b>1, LEIGH STATION AND BACK 8.25 MILES</b></p> <p>SHORTER ROUTE POSSIBLE BY USING RAILWAY CROSSING, ABOUT HALF WAY TO LEIGH <b>5-6 MILES</b></p> <p><b>2, BOBBY’S RUN</b></p>
<b>SATURDAY</b>	<b>8th</b>	<p><b>EASTWOOD TRACK SESSION 9.00am-10.00am</b> Eastwood School SS9 5UU All welcome</p>
<b>TUESDAY EFFORTS</b>	<b>11th</b>	<p><b>1, GOVNOR SET from 3 way sign post (1st junction on gravel path in Downs)</b></p> <p><b>2, HILL REPS – horse shoe gravel path (Downs)</b> 1.5 miles warm up / 6-8 200M/300M efforts, jog recovery / 1.5 mile cool down</p> <p><b>3, JAMES’S SESSION – TRACK 10 x 1K (200m) Progressive Pace</b></p> <p><b>4, YOUTH GROUP</b> <b>WOODFORD OPEN GRADED TRACK MEETING</b> (200m, 800m &amp; 3000m)</p> <p><b>5, BOBBY’S RUN</b></p>
<b>THURSDAY RUN</b>	<b>13th</b>	<p><b>1, HARP RUN ROUTE 4.2 mile loop /</b> <a href="https://www.strava.com/routes/19177642">https://www.strava.com/routes/19177642</a> <b>or longer 7.2 route</b> <a href="https://www.strava.com/routes/19197920">https://www.strava.com/routes/19197920</a></p> <p>Meet 7.00pm parking by Westcliff Rugby Club SS2 6UN</p>
<b>SATURDAY</b>	<b>15th</b>	<p><b>CLUB MEET FOR HADLEIGH PARK RUN 9.00AM</b> <b>ALL WELCOME</b></p>
<b>TUESDAY</b>	<b>18th</b>	<p><b>1, 1 MIN EFFORTS WITH DIMINISHING RECOVERIES</b> Lower gravel path just after house in Downs</p> <p><b>2, HILL EFFORTS 30/60/90/120 sec with double time jog recoveries</b></p>

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		<p>(2 sets) Near zig-zag hill on Downs</p> <p><b>3, JAMES'S SESSION – TRACK</b> 5 X 300m (45s) 3 x 500M (75s) 1 x 400M/200M Kick Down</p> <p><b>4, SHIPWRIGHTS HILL REPS - 6-8x(250m up/200m jog back) or 6-10x(300m up/250m jog back)</b></p> <p><b>5, BOBBY'S RUN</b></p>
<b>THURSDAY</b>	<b>20th</b>	<p><b>1, ST MARY'S CHURCH 10K RUN ROUTE</b></p> <p>CROSS RICHMOND PLAYING FIELDS/WOODHAM PARK DR/PHILMEAD RD/ LOTEN RD/ WATLINGTON ROAD/ UPLANDS ROAD/ WAVERTREE RD/ HIGH RD/CLIFTON AVE/ KENTS HILL RD/ BOWERS RD/ JARVIS RD/ THUNDERSLEY PARK ROAD (UP HILL)/ HILL ROAD/ BRIDLEWAY/ MOUNT RD/ THE GLEN/ SHIPWRIGHTS DR/ CROSS BENFLEET ROAD/ DOWNS ( WHEN YOU REACH LOWER GRAVEL PATH TURN RIGHT BACK TO BENFLEET)/ SCHOOL LANE / CLUB</p> <p><a href="https://www.strava.com/activities/2404639122">https://www.strava.com/activities/2404639122</a></p> <p><b>2, BOBBY'S RUN</b></p>
<b>SATURDAY</b>	<b>22nd</b>	<p><b>EASTWOOD TRACK SESSION 9.00am-10.00am</b> Eastwood School SS9 5UU All welcome</p>
<b>TUESDAY</b>	<b>25th</b>	<p><b>1, W SET</b> across bottom of Down's</p> <p><b>2, COMBINED SESSION with Youth Group</b></p> <p><b>3, JAMES'S SESSION – TRACK</b> 2000 1600 1200 (400) 1K/8/6/4/5 x 200 (200)</p> <p><b>4, FARTLEK SESSION - 2x(60/90/120/90/60s) with 1/2 jog rec</b></p> <p><b>5, BOBBY'S RUN</b></p>
<b>THURSDAY</b>	<b>27</b>	<p><b>1, GLADYS RUN</b> Run from club, to Benfleet sea wall, past "Gladys" Run towards Leigh until 50 yds from halfway gate.</p>

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		<p>Take footpath left and <b>CAREFULLY</b> cross railway line. Look ahead, just to your left, (10 o'clock) you will see gate and cattle grid at bottom of country park, run through gate. Run up zig zag path, climbing, at top continue for about 400yards on level gravel path until you come to a path junction.</p> <p>Go through kissing gate opposite and run down and over footbridge</p> <p>50 yds past bridge take grass track right, climbing, after 150 yds you will join a gravel track, continue right on this track, climbing. (Park Run path)</p> <p>After about 200M there is a left fork on to a footpath, take this, go through gate.</p> <p>Continue straight on this path until Shipwrights Hill is on your left with grass path descending to it.</p> <p>Run down this path and up Shipwrights Hill.</p> <p>Continue on footpath to Benfleet Road.</p> <p><b>CAREFULLY</b> cross Benfleet Road and run 150 yds up Shipwrights Drive.</p> <p>Take footpath on your left and enter The Glen.</p> <p>Follow the path round to the Underhill Road exit.</p> <p>Do not go on to road but keep left and take foot path up the side of the golf course to Vicarage Hill.</p> <p>Turn left on to Vicarage Hill for 400yds, then take footpath/bridle path on right, down to Essex Way.</p> <p>At bottom of Essex Way cross road <b>CAREFULLY</b> and take footpath, run past "Dung" pile, go through gate and turn right up hill.</p> <p>On reaching upper gravel path turn right, run to School lane and back to club. <b>7 miles</b></p> <p>Shorter route possible by returning to club directly after leaving Down's and reaching Benfleet road <b>5 miles</b></p> <p><a href="https://www.strava.com/activities/2410943216">https://www.strava.com/activities/2410943216</a></p> <p>2, BOBBY'S RUN</p>
SATURDAY	29th	<p><b>EASTWOOD TRACK SESSION 9.00am-10.00am</b> Eastwood School SS9 5UU All welcome</p>