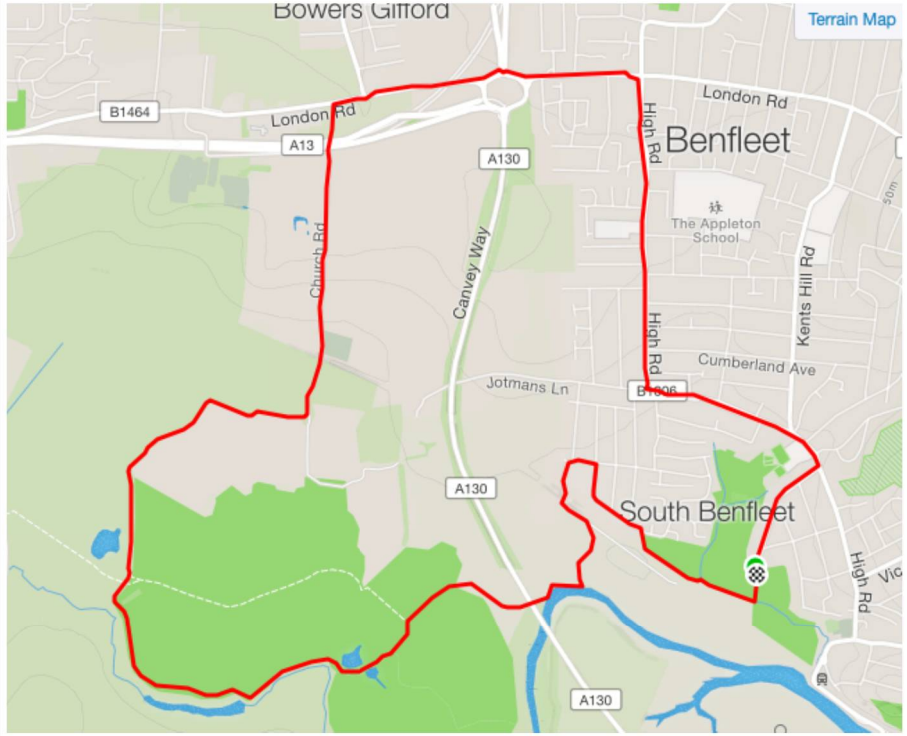


BENFLEET RUNNING CLUB TRAINING JULY 2019

TUESDAY EFFORTS	2nd	<p>1, DUNCAN AND NICK SHIPWRIGHT HILLS THE DOWNS 1.5 miles warm up / 4 – 6 Efforts on each of the 3 hills with jog downhill recovery/ 1.5 mile cool down</p> <p>2, JAMES ROAD Loop of Tedium 3 x 2m (3 min) Varied Pace</p> <p>3, IAN TRACK SESSION AT WATERSIDE</p> <p>4, BOBBY'S RUN</p>
THURSDAY RUN	4th	<p>1, HOCKLEY WOODS RUN 6 MILES Meet at Hockley Woods car park SS5 4RQ for 7.30 pm</p> <p>https://connect.garmin.com/modern/activity/1739040603</p>
SATURDAY	6th	<p>EASTWOOD TRACK SESSION 9.00am-10.00am Eastwood School SS9 5UU All welcome</p>
TUESDAY EFFORTS	9th	<p>1, DUNCAN AND NICK DAY LIGHT BALL BREAKER ROAD RUN 5.2 MILES Efforts on every hill/ regroup/ jog recovery</p> <p>https://connect.garmin.com/modern/activity/3366218773</p> <p>2, JAMES TRACK 5 x (3x400(200)2x200)</p> <p>3, IAN WOODFORD OPEN GRADED TRACK MEETING 400m, 1500m & 3000m (Meet at 5.20pm at John Burrows)</p> <p>4, BOBBY'S RUN</p>
THURSDAY RUN	11th	<p>1, STEADY RUN OUT AND BACK using Canvey sea wall 25 mins out/25 mins back</p> <p>2, BOBBY'S RUN</p>
FRIDAY	12th	LEIGH STRIDERS CHALLENGE
SATURDAY	13th	<p>EASTWOOD TRACK SESSION 9.00am-10.00am Eastwood School SS9 5UU All welcome</p>

BENFLEET RUNNING CLUB TRAINING JULY 2019

TUESDAY EFFORTS	16th	<p>1, DUCAN AND NICK COMBINED SESSION WITH IAN'S GROUP</p> <p>2, JAMES TRACK 3X200m effort/400m (1500 pace) 200m effort 1x300m (45s) 150m</p> <p>3, IAN RICHMOND FIELD 2 or 3x(3 mins/2 mins/1 min with 1 min jog/walk recs)</p> <p>4, BOBBY'S RUN</p>
THURSDAY RUN	18th	<p>1, BOWERS MARSH RUN 7 MILES, mix of road, gravel path and bit of grass (Courtesy of James)</p>  <p>2, BOBBY'S RUN</p>
SATURDAY	20th	HADLEIGH PARKRUN - 9am start
TUESDAY EFFORTS	23rd	<p>1, DUNCAN AND NICK 6 MINUTE EFFORTS 1 mile warm up/ 3 x 6 min efforts with 3 min standing recovery Using upper gravel path on Downs from sign where path splits/ 1 mile cool down</p>

BENFLEET RUNNING CLUB TRAINING JULY 2019

		<p>2, JAMES TRACK 3 x 4 x 400m (60s) 2 mins between sets</p> <p>3, IAN HILL REPS - THE GLEN 8 - 12 x(250m loop with 200m jog back rec)</p> <p>4, BOBBY'S RUN</p>
THURSDAY RUN	25th	<p>MEET AT JOHN BURROWS SS7 2NQ FOR 7.30 PM Group runs using Belfairs/Pound/Tile and West Wood up to about 6 miles or shorter</p>
SATURDAY	27th	<p>TRACK SESSION 9.00am-10.00am AT WATERSIDE</p>
TUESDAY EFFORTS	30th	<p>1, DUNCAN AND NICK HILL REPS – THE GLEN SHIPWRIGHT HILL 1.5 mile warm up/ 6 – 8 300m efforts / jog recovery / 1.5 mile cool down</p> <p>2, JAMES ROAD - “KENYAN HILLS” Underhill, Vicarage, Essex Way.</p> <p>3, IAN DOWNS LOWER GRAVEL PATH 2x90s, 4x60s & 6x30s with double jog back rec</p> <p>4, BOBBY'S RUN</p>