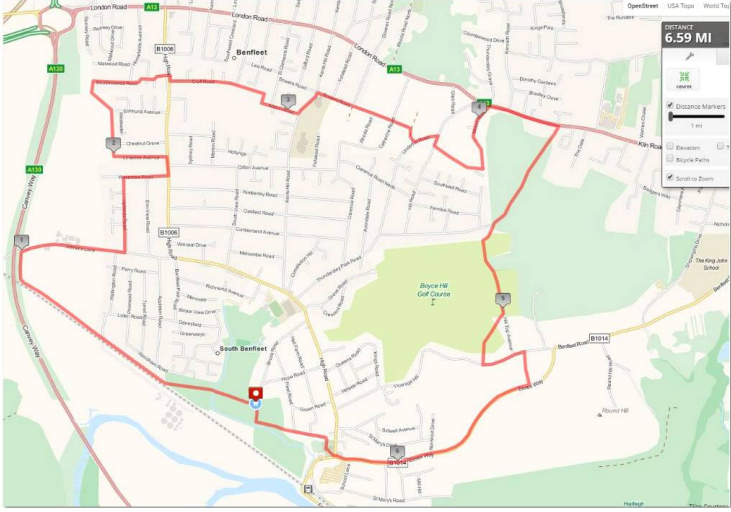



BENFLEET RUNNING CLUB TRAINING AUGUST 2019

THURSDAY RUN	1st	<p>1, BADGER RUN 6.5 MILES</p>  <p>Shorter route possible by running along Underhill and back over golf course after exiting The Glen, this should reduce the run by about 1 mile</p> <p>2, BOBBY'S RUN</p>
SATURDAY	3rd	<p>TRACK SESSION 9.00am-10.00am AT WATERSIDE</p>
TUESDAY EFFORTS	6th	<p>1, DUNCAN AND NICK 3 HILLS– Summer Series (5 x 25 sec/ 60 sec recovery x 3) on The Downs</p> <p>2, JAMES TRACK 8 X 400 (200) 2 X 800 (600) 8 X 400 (200)</p> <p>3, IAN - Criss Cross 300m reps (4-6 x 1.1km circuit)</p> <p>4, BOBBY'S RUN</p>

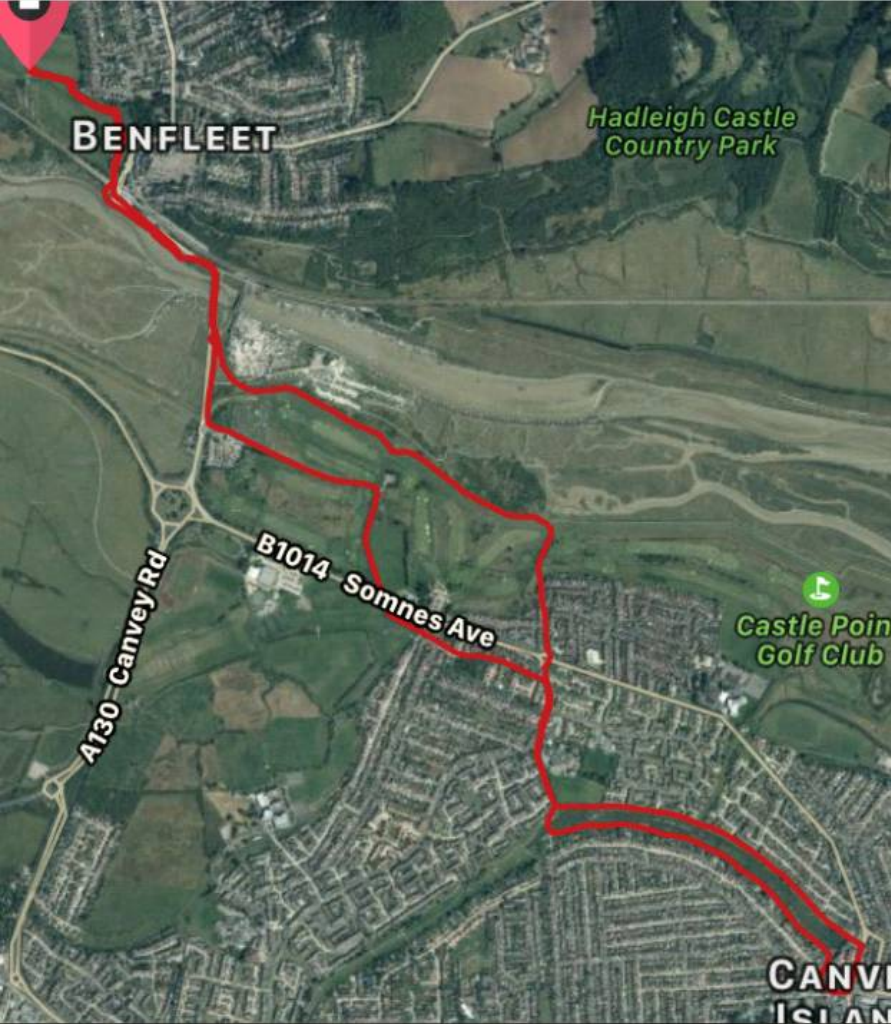
BENFLEET RUNNING CLUB TRAINING AUGUST 2019

THURSDAY RUN	8th	 <p>TWO TREE AND LEIGH 5.7 MILES Meet at Two Tree Island car park, at very end of road on Two Tree Island. 7.30 pm</p> <p>From car park take gravel path around west side of Two Tree Island. When you get back to the road, go through gate and turn left. Cross bridge and run to Leigh Station. Go up Belton Way towards Leigh. Run to Leigh library and just after, turn right into Leigh Library Gardens. Bear left and follow path to Leigh Church. Cross graveyard and turn right down Leigh Hill. At road junction carefully cross and take path opposite descending steeply, again with care. Continue to railway footbridge, cross and return to Old Leigh. Run under road bridge and take road behind cockle sheds. At road junction, near station take footpath on left, on sea side of sea wall. Continue to road, turn left, recross bridge and enter car park on left. Take path at end of car park, turning left after 50m in to East side of Two Tree Island. Go down main track for about 400m and take path on right down towards the sea. Take path between sea and lake back to starting point.</p> <p>Shorter route possible by taking Leigh Hill Steps, just before entering Leigh church graveyard, at bottom of steps bear right and cross foot bridge over railway into Old Leigh run will be about 4.5 miles</p> <p>Longer route possible by continuing run to Chalkwell Station, crossing foot bridge, over railway and returning to Leigh, run will be about 7.2 miles</p> <p>CLUB CLOSED</p>
SATURDAY	10th	TRACK SESSION 9.00am-10.00am AT WATERSIDE
TUESDAY EFFORTS	13th	1, DUNCAN AND NICK LEADER RUNNING FARTLEK SESSION ON DOWNS 5 – 7 MILES. (Group run where everyone take a turn leading where ever they want)


BENFLEET RUNNING CLUB TRAINING AUGUST 2019

		<p>2, JAMES - TRACK Kevin taking session as James away</p> <p>3, IAN WOODFORD OPEN GRADED TRACK MEETING 200m, 800m & 3000m (Meet at 5.20pm at John Burrows)</p> <p>4,BOBBY'S RUN</p>
THURSDAY	15th	<p>1, LEIGH STATION AND BACK. 8.25 MILES To be run out on sea wall to Leigh and returning along bottom of The Downs. Shorter route possible by using railway crossing, about half way to Leigh 5.6 MILES</p> <p>2, BOBBY'S RUN</p>
SATURDAY	17th	<p>TRACK SESSION 9.00am-10.00am AT WATERSIDE</p>
SUNDAY	18th	<p>PAPER MILL LOCK 9.30 am North Hill, Little Baddow CM3 4BS</p> <p>30 min out and back</p>
TUESDAY EFFORTS	20th	<p>1, DUNCAN AND NICK</p> <p>Lower Gravel Path 4 x 90 sec with 60 sec recovery 8 x 60 sec with 30 sec recovery</p> <p>2, JAMES -TRACK</p> <p>4 x 800 (200 easy) 1600 (400 easy) 8 x 400 (200)</p> <p>3, IAN</p> <p>Out & back hill reps Upper Gravel Path</p> <p>4,BOBBY'S RUN</p>

BENFLEET RUNNING CLUB TRAINING AUGUST 2019

THURSDAY RUN	22nd	SUE'S CANVEY RUN 5.5 MILES
		 <p>To Canvey and turn left onto FP (Wintergardens Path) next to recycling centre. Cross over main rd (Somnes Ave) continue on to FP other side until it comes out on Link Rd and turn right. Head for crossing by Morrisons and go over, take left FP near school. Continue on past school and then over lake bridge. Once over take a right along Lake FP. Go as far as you can to full end of lake where the only way out is a right turn into Linde Rd. Take a left into Waarden Rd and then left into Knightswick Rd, past Oysterfleet pub then left turn onto FP northern side of lake. Continue on until you see the bridge over the lake and take the right FP next to the school (same one come up on). To Link Rd then right to roundabout and a straight over to Elsinor Rd. At bend take a left into Hardy's Way then straight into the field heading for the sea wall and then take a left. Continue on and take a right on the main road and back to the club via the FP on other side of the railway bridge.</p> <p>Longer route possible, after running down Link Road turn right on to Somme Ave/ Dovervelt Road/ rugby club/ sea wall/ club 6.5 MILES</p>

BENFLEET RUNNING CLUB TRAINING AUGUST 2019

SATURDAY	24th	TRACK SESSION 9.00am-10.00am AT WATERSIDE
TUESDAY EFFORTS	27th	<p>1, DUNCAN AND NICK TRACK Mile Time Trial and Relays with Ian</p> <p>2, JAMES – TRACK 3 mins, 2 x 4 mins, 2 x 6 mins, 2 x 4 mins, 3 mins all with 2 mins easy</p> <p>3, IAN – TRACK Mile Time Trial and Relays</p> <p>4, BOBBY’S RUN</p>
THURSDAY RUN	29th	<p>1, ROUND THE CASTLE 7 MILES School Lane / lower gravel path/ past castle / up slope returning to castle / through castle / Castle Lane / Sea View Terrace / footpath to Mountain Bike Centre / back down Park Run Route / School Lane / Club.</p> <p>Shorter route possible by taking first steep track you come to at Castle 6 MILES</p> <p>If the light is failing when you reach Castle Lane run back on road Castle Lane / A13 / Benfleet Road or you can return via Chapel lane/St John’s Road from Mountain Bike Centre</p> 
SATURDAY	31st	TRACK SESSION 9.00am-10.00am AT WATERSIDE