
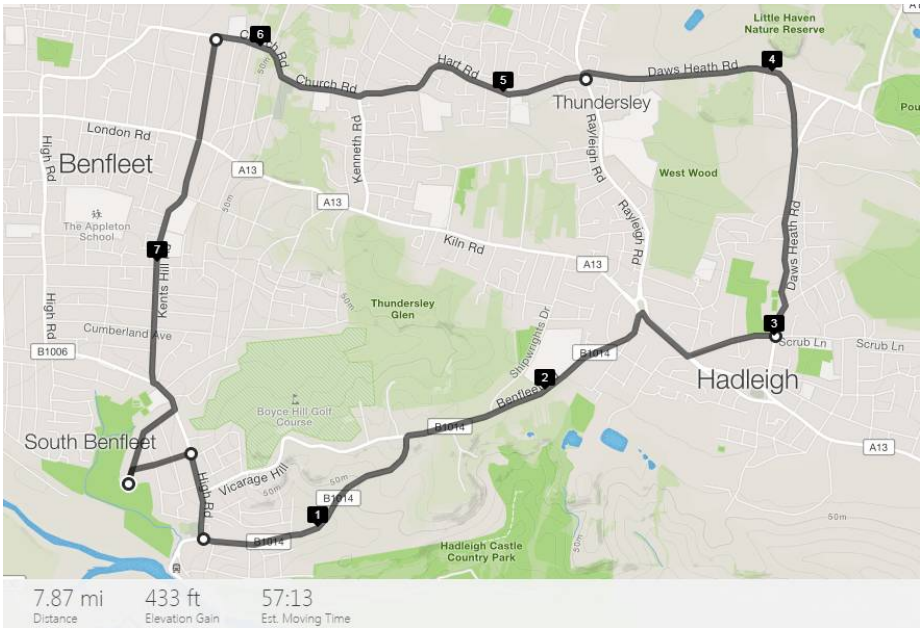


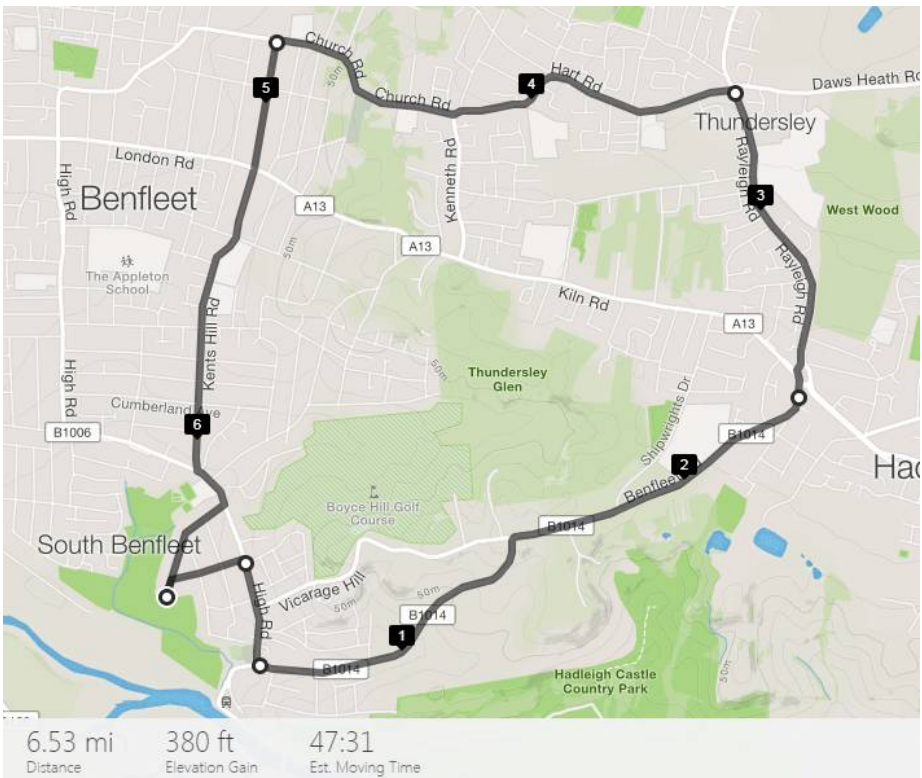
Benfleet Running Club Training October 2019

TUESDAY EFFORTS	1st	<p>DUNCAN, PAUL, STEVE AND NICK ZIG-ZAGS 1 mile warm up/ 10 efforts each 200-300 M/ similar recoveries/ 1.5 mile cool down.</p>  <p>JAMES 2 x (2 x 2 mins, 3 x 1 mins all 1 min easy) Southend 10k week so easier session. Fleet road</p> <p>IAN Bird Estate Figure of 8 fartlek - 4 or 5 x(4x250m/75m jog or walk rec)</p> <p>BOBBY</p>
THURSDAY RUN	3rd	<p>HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/A13/NEW RD/DAWS HEATH/HART RD/CHUCH RD/KENTS HILL/CLUB 7.9 MILES</p>

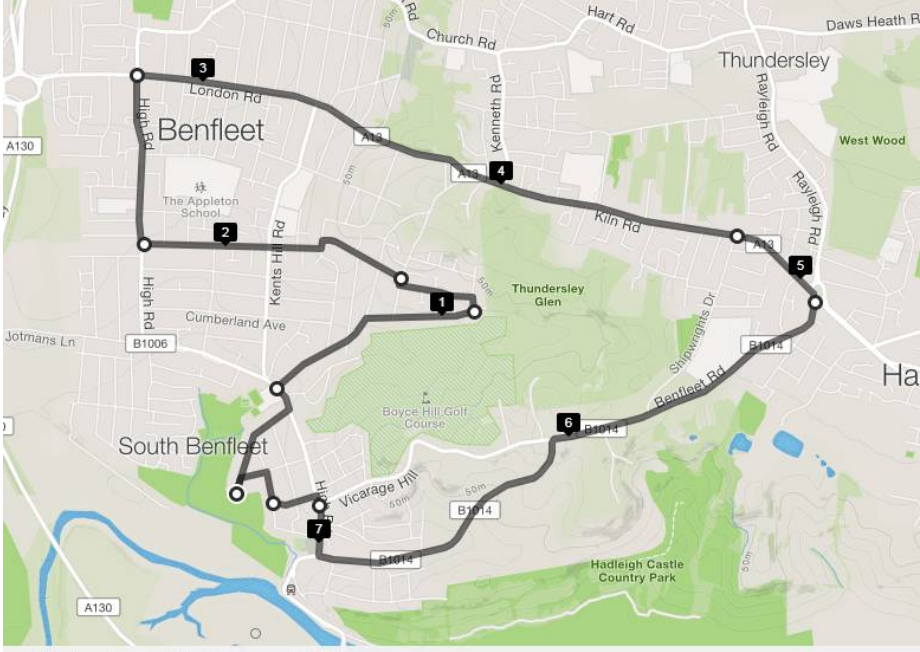
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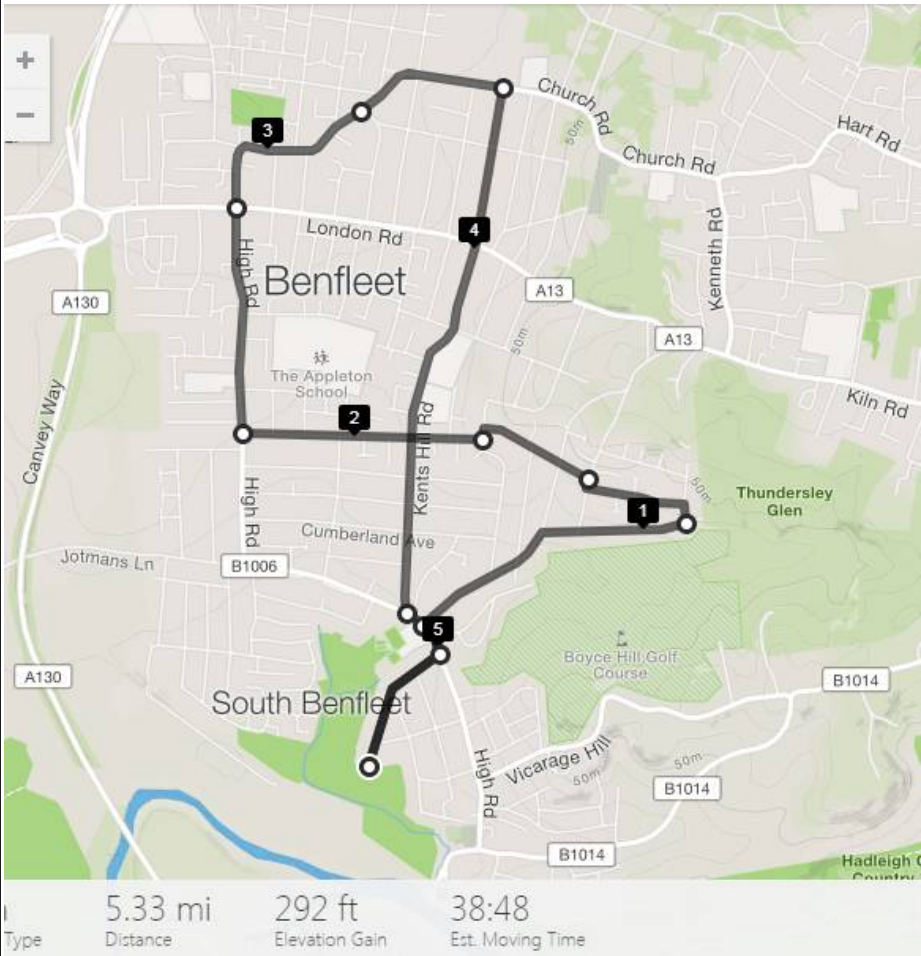
SHORTER ROUTE 6.5 MILES
HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/RAYLEIGH
RD/HART RD/CHUCH RD/KENTS HILL/CLUB



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SATURDAY EFFORTS	5th	MEET AT JOHN BURROWS 9-10 AM (John Burrows)
SUNDAY	6th	SOUTHEND 10K CLUB CHAMPIONSHIP
TUESDAY EFFORTS	8th	<p>DUNCAN, PAUL, STEVE AND NICK HILL RD/ FERNLEA HILL EFFORTS 1 mile warm up/2 x 3 min effort with 1.30 min recovery/ 2 x 2.30 effort with 1.15 min recovery/2 x 2 min effort with 1.00 recovery/ 1 mile cool down. JAMES zig zags (1-10 and 4 back to 1...14 efforts in total)</p> <p>IAN 1km Hill Circuit - 4 or 5 x(700m/300m jog rec)</p> <p>BOBBY</p>
THURSDAY RUN	10th	<p>BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL/MOUNT RD/FERNLEA RD/HILLRD/CLARENCE RD /CLIFTON AVE/HIGH RD/A13/BREAD AND CHEESE/KILN RD/ BENFLEET RD/ESSEX WAY/CLUB 7.5 MILES</p>  <p>7.51 mi Distance 505 ft Elevation Gain 54:35 Est. Moving Time</p> <p>SHORTER ROUTE 5.3 MILES BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL /MOUNT RD/FERNLEA RD/HILL RD/CLARENCE RD N/ CLIFTON AVE/HIGH RD/TARPOTS/CHURCH RD/KENTS HILL/ CLUB</p>

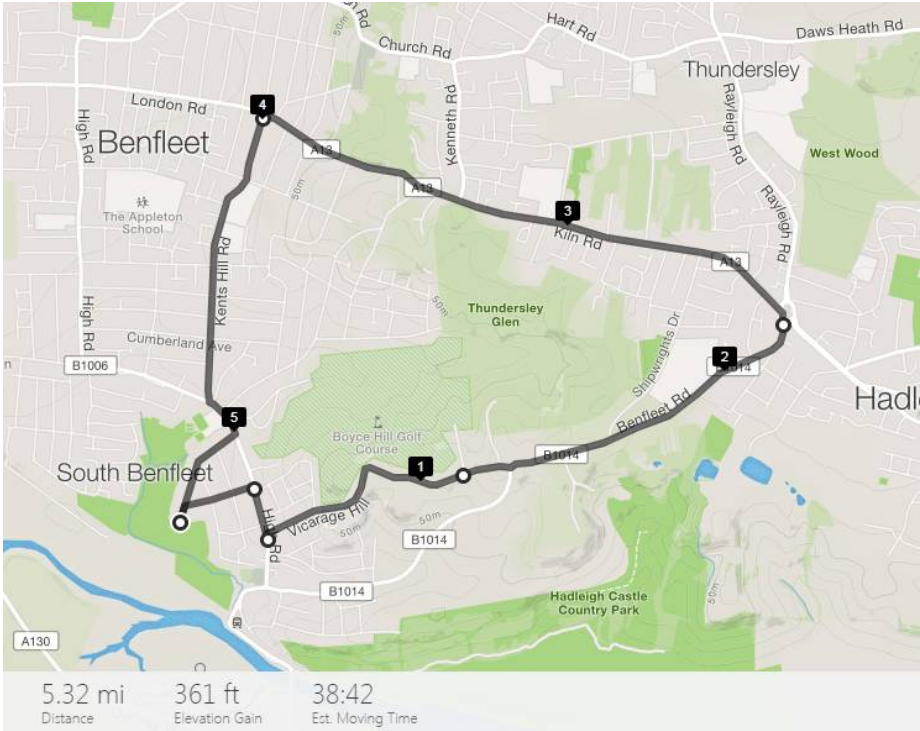
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SATURDAY	12th	ESSEX XC ONE TREE HILL SS17 9NH
TUESDAY EFFORTS	15th	<p>DUNCAN, PAUL, STEVE AND NICK 1 miles warm up/3-4 6 min efforts with 3 min standing recoveries/ 1 mile cool down using club mile loop</p> <p>JAMES Kenyan hills. 3 x 10 mins. Under hill / Vic hill / Essex Way</p> <p>IAN Out & back reps - 2x(60-75-90-75-60s with double jog back rec)</p> <p>BOBBY</p>

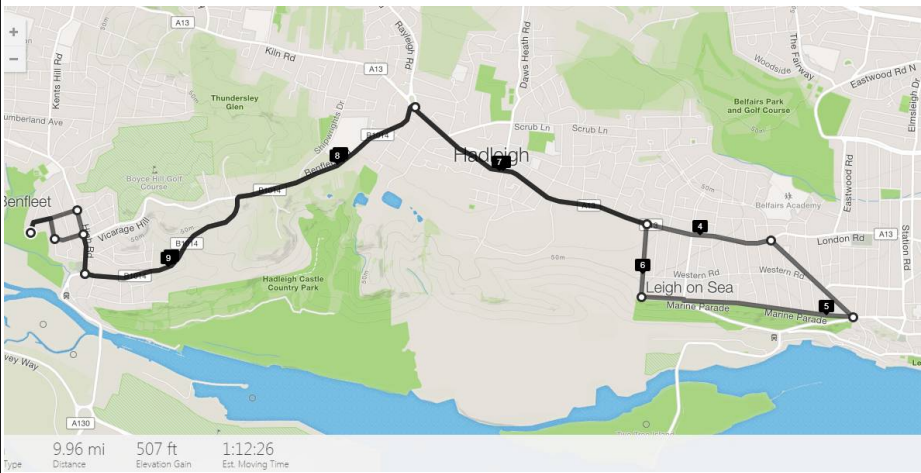
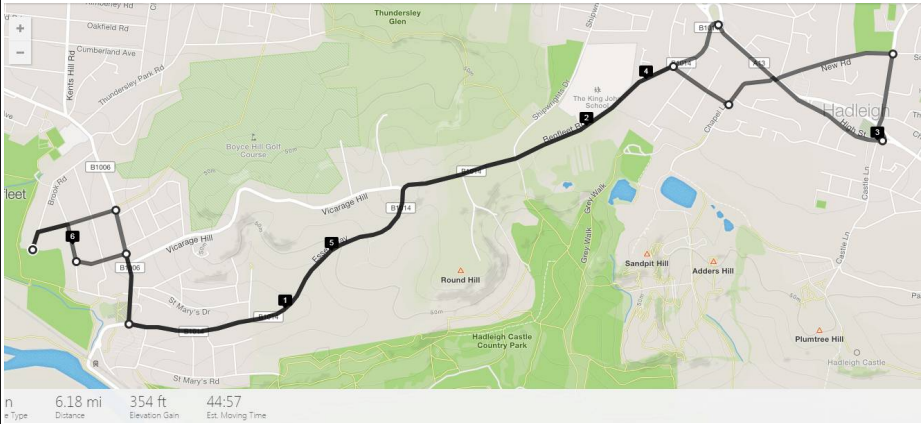
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THURSDAY RUN	17th	<p>HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIP WRIGHTS/KILN RD/KENNETH RD/CHURCH RD/MANOR RD/ WOODSIDE/RUSHBOTTOM LN/TARPOTS/HIGH RD/BROOK RD 7.6 MILES</p>  <p>7.59 mi 453 ft 52:30 Distance Elevation Gain Est. Moving Time</p>
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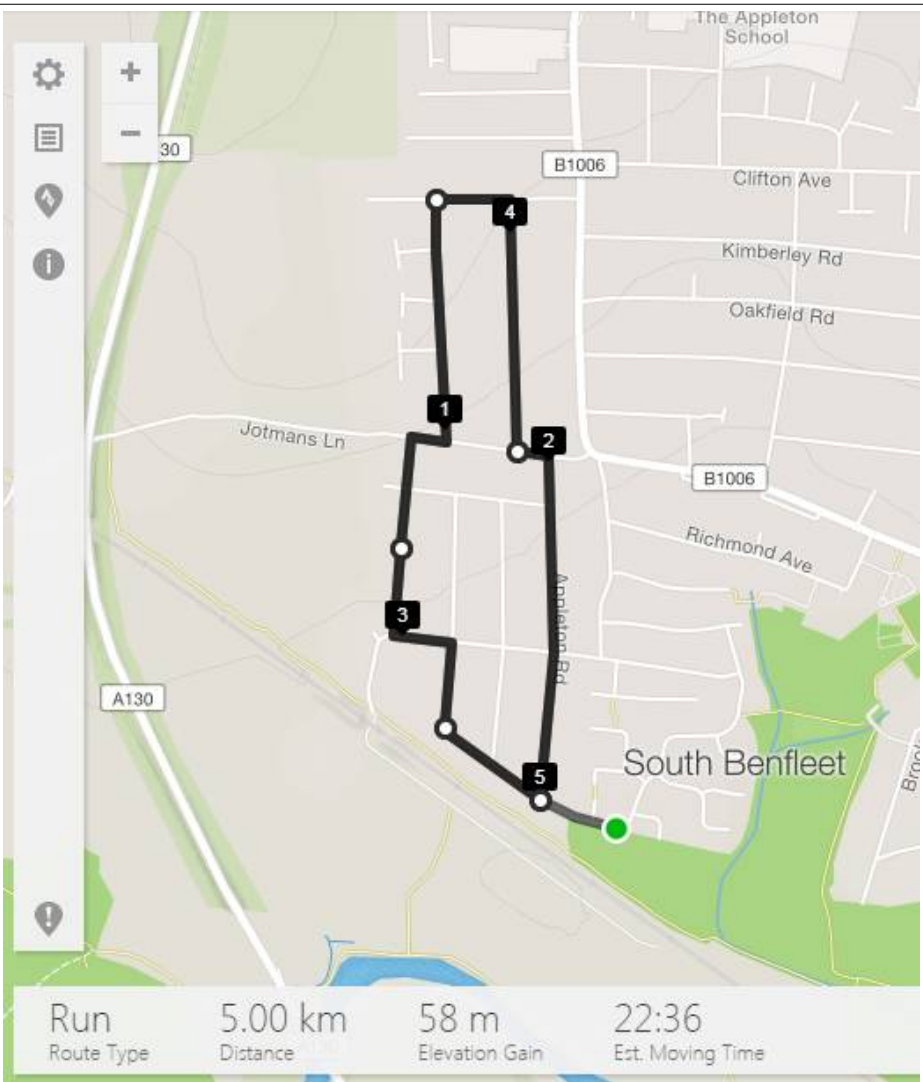
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		<p>SHORTER ROUTE 5.3 MILES HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIP WRIGHTS/KILN RD/BREAD AND CHEESE/KENTSHILL/BROOK RD</p>  <p>5.32 mi Distance 361 ft Elevation Gain 38:42 Est. Moving Time</p>
SATURDAY EFFORTS	19th	MEET AT JOHN BURROWS 9-10 AM (West Wood)
TUESDAY EFFORTS	22nd	<p>DUNCAN, PAUL, STEVE AND NICK Mile warm up/ 7 x 25 sec effort with 60 sec recovery x 3 (using River View, Sidwell and Mill Hill)/ 1 mile cool down.</p> <p>JAMES 5 x 5 mins (90s standing recovery) on Loop outside club. Then 4 x 40s (60s easy)</p> <p>IAN Bird Estate - 4 or 5 x(1km with 200m jog rec)</p> <p>BOBBY</p>
THURSDAY RUN	24th	HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/A13 TO LEIGH/HADLEIGH RD/MARINE PARADE/TATERSALL GDS/A13/BENFLEET RD/ESSEX WAY/HIGH RD/GREEN RD/FLEET RD/CLUB 9.7 MILES

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		 <p>SHORTER ROUTE 6.2 MILES HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/A13/RECTORY RD/NEW ROAD/CHAPEL LANE/ST JOHNS RD/BENFLEET RD/ESSEX WAY/HIGH RD/GREEN RD/FLEET RD/CLUB</p> 
SATURDAY	26th	ESSEX XC HORSEHEATH CB21 4QP
TUESDAY EFFORTS	29th	DUNCAN, PAUL, STEVE AND NICK WINTER 5K TIME TRIAL

Benfleet Running Club
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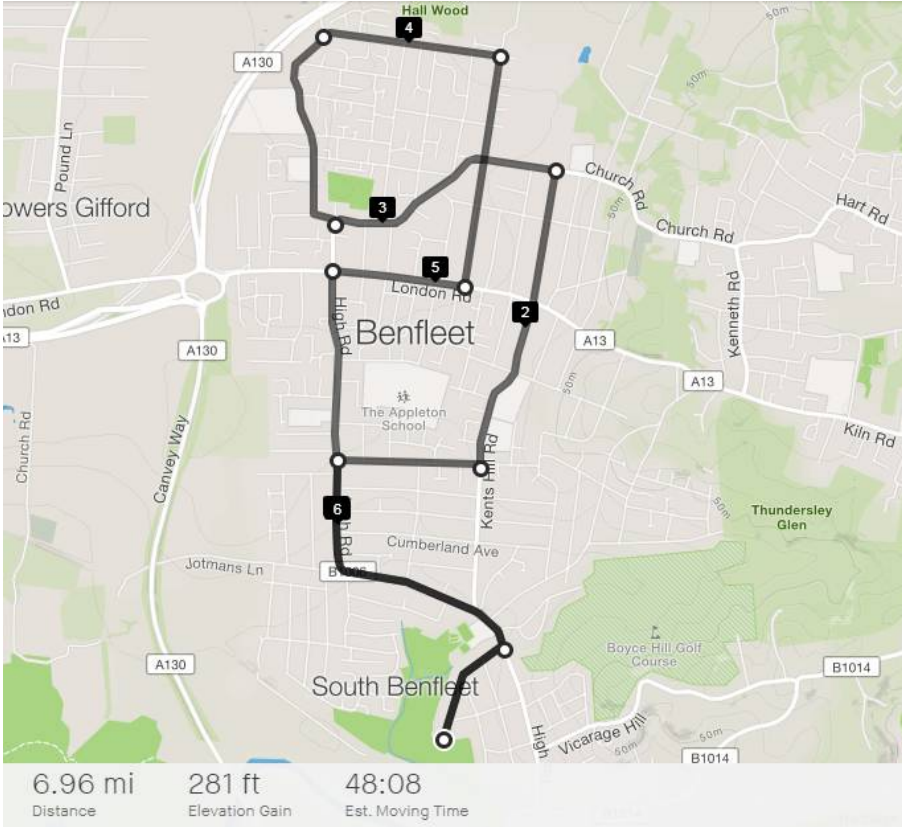


JAMES
Winter 5K Time Trial

IAN
Hills - 8 or 10 x(250m up/250m jog back)

BOBBY

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<p>THURSDAY RUN</p>	<p>31st</p>	<p>BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL NORTH/CHURCH RD/RUSHBOTTOM LN/WOODSIDE AVE/MANOR RD/LONDON RD/TARPOTS/HIGH RD/CLUB</p> <p>7 MILES</p>  <p>6.96 mi Distance</p> <p>281 ft Elevation Gain</p> <p>48:08 Est. Moving Time</p>
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SHORTER ROUTE 4.9 MILES
BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL
NORTH/CHUCH RD/TARPOTS HIGH RD/BROOK RD CLUB

