

## BENFLEET RUNNING CLUB TRAINING DECEMBER 2019

### TUESDAY EFFORTS

3rd

DUNCAN, PAUL, STEVE AND NICK

FIGURE OF 8

1 mile warm up

6 short circuits starting at the bottom of River View Rd  
regroup after each effort with jog recovery.

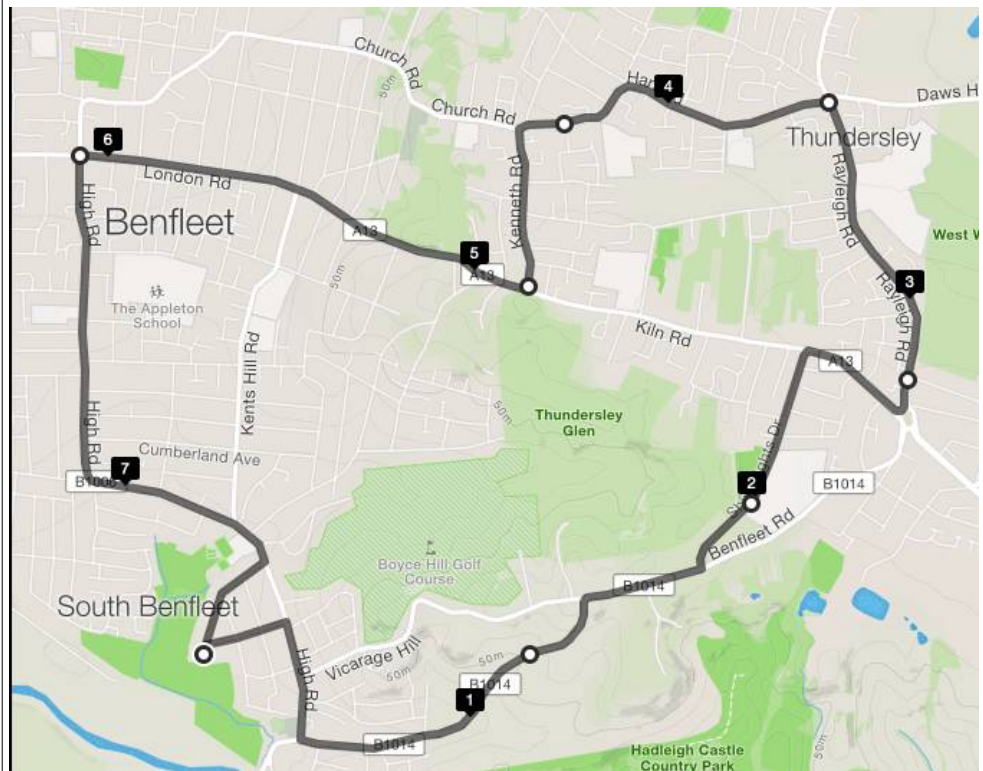
1 mile cool down



## **BENFLEET RUNNING CLUB TRAINING DECEMBER 2019**

### **JAMES**

Fartlek session 8 x 1/1, 5 x 2/1, 8 x 1/1  
using this route



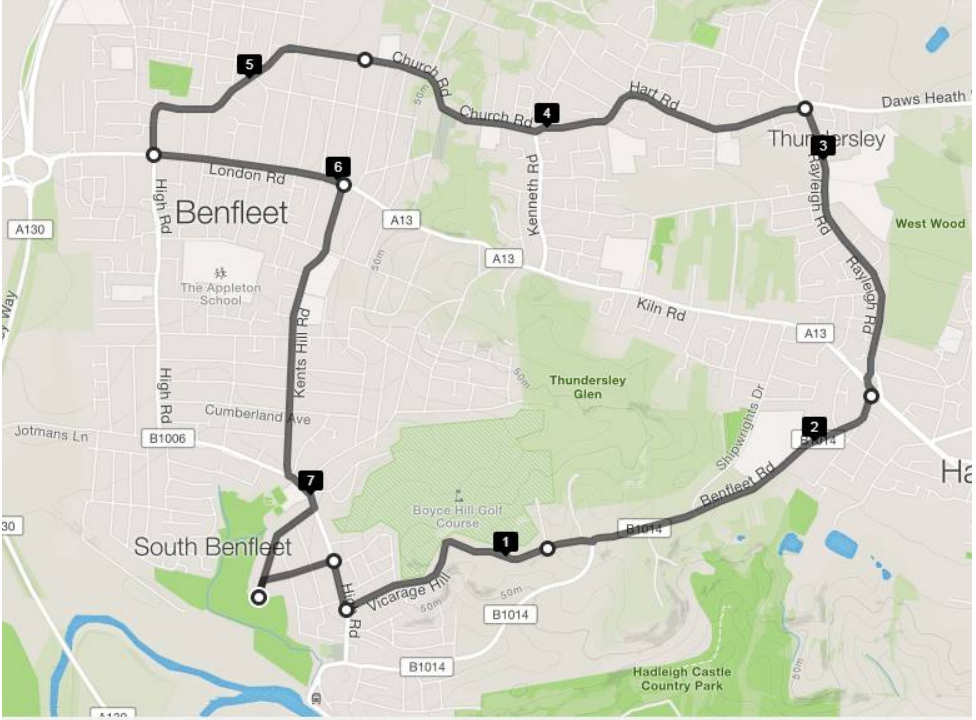
### **IAN**

#### **HILL REPS**

2x(6x30s/60s jog rec), 1x(4x45s/90s jog rec), 2 mins b/t sets

### **BOBBY**

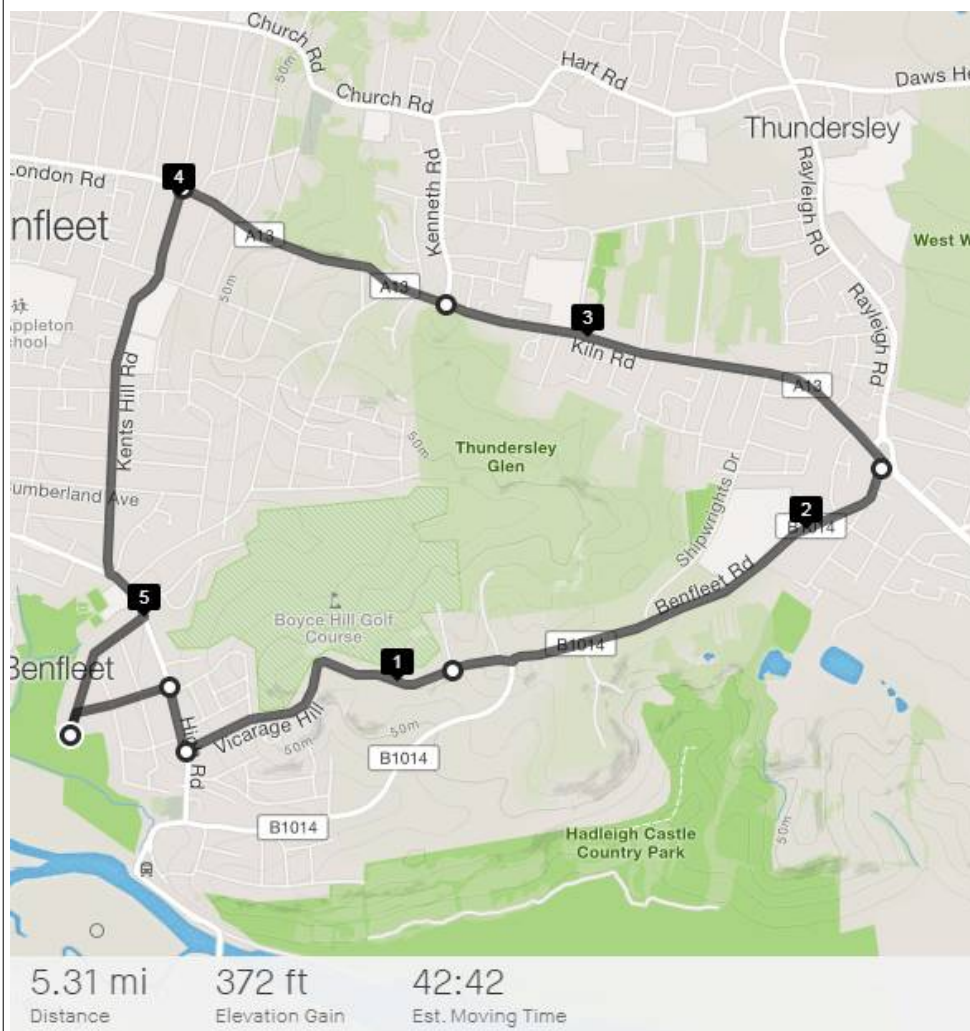
## BENFLEET RUNNING CLUB TRAINING DECEMBER 2019

<p><b>THURSDAY RUN</b></p>	<p><b>5th</b></p>	<p>HOPE RD/ HIGH RD/VICARAGE HILL/ BENFLEET RD/RAYLEIGH RD/HART RD/CHURCH RD/TARPOTS/A13/KENTS HILL RD/HIGH RD/BROOK RD. <b>7.35 MILES</b></p>  <p>7.35 mi    423 ft    59:05 Distance    Elevation Gain    Est. Moving Time</p>
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## BENFLEET RUNNING CLUB TRAINING DECEMBER 2019

### SHORTER ROUTE 5.3 MILES

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/BREAD AND CHEESE/KENTS HILL RD/HIGH RD/ BROOK RD



**SATURDAY  
EFFORTS**

**7th**

**MEET AT JOHN BURROWS 9.00 AM**  
- training at Littlehavens Nature Reserve

**TUESDAY  
EFFORTS**

**10th**

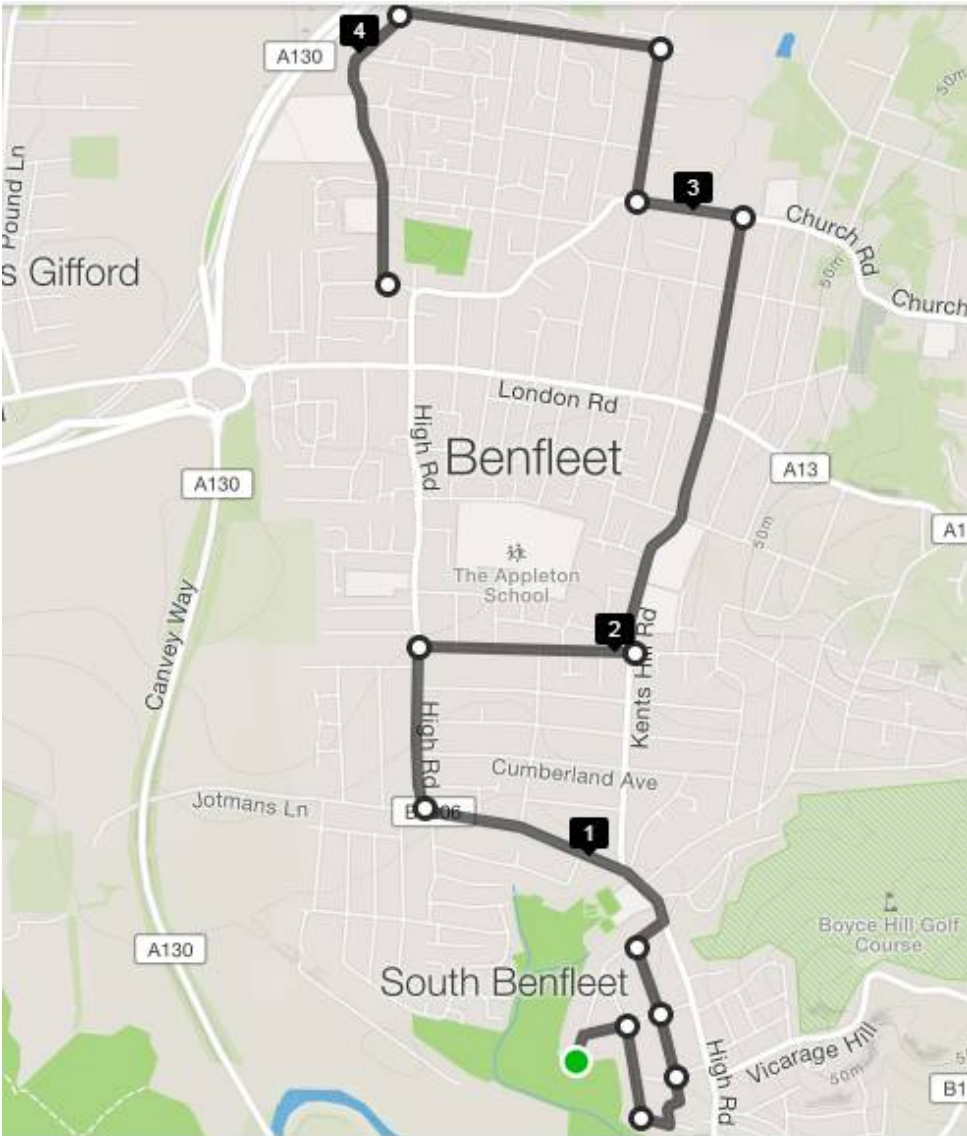
**DUNCAN, PAUL, STEVE AND NICK**  
PYRAMID SESSION BIRD ESTATE  
1 mile warm up  
600M/800M/1000M/800M/600M efforts with optional final 1000M effort  
1 mile cool down

**JAMES**  
3 X 5:30mins (90s), 10 x 35s hills, 1 x 5:30mins. 5:30 efforts on the loops and Queens road for the hills


**IAN**  
2x1 mile (2 mins), 3x800m (1 min)

# BENFLEET RUNNING CLUB

## TRAINING DECEMBER 2019

		<b>BOBBY</b>
<b>THURSDAY RUN</b>	<b>12th</b>	<b>25 MINUTES OUT AND BACK</b> BROOK RD/HOPE RD/FLEET RD/HALL FARM RD/BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL NORTH/CHURCH RD/MANOR RD/WOODSIDE AVERUSH BOTTOM LANE 
<b>SATURDAY</b>	<b>14th</b>	<b>ESSEX XC LEAGUE</b> <b>WRITTLE COLLEGE</b> <b>CM1 3RR</b>

# BENFLEET RUNNING CLUB TRAINING DECEMBER 2019

		No training session due to Essex league xc @ Writtle
<b>TUESDAY EFFORTS</b>	<b>17th</b>	<p><b>DUNCAN, PAUL, STEVE AND NICK ZIG ZAGS</b></p>  <p><b>JAMES ZIG ZAGS</b> 4 -1 added on at the end - 14 efforts in total)</p> <p><b>IAN FARTLEK</b> - 4 or 5x(4x250m/75s jog/walk rec)</p> <p><b>BOBBY</b></p>

# BENFLEET RUNNING CLUB

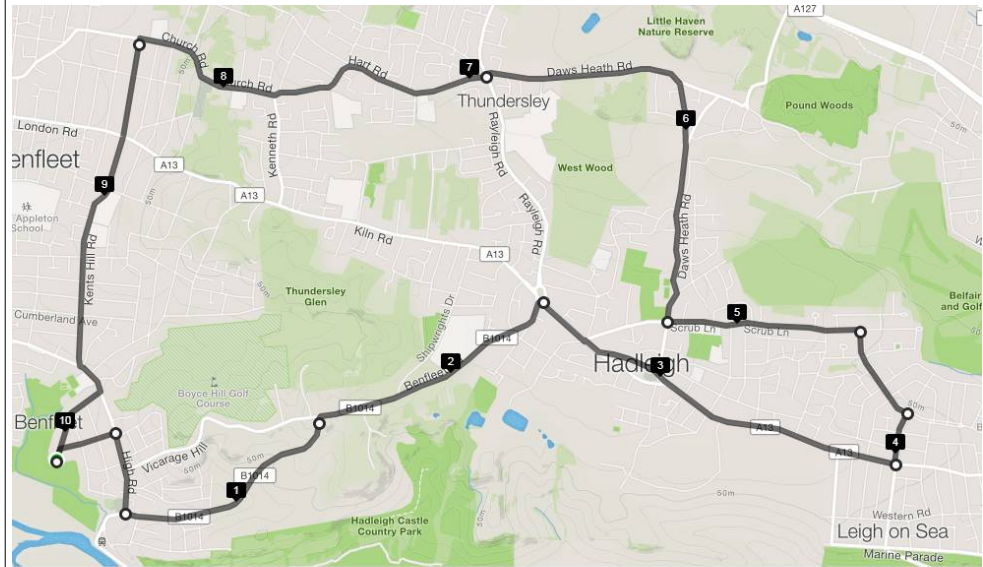
## TRAINING DECEMBER 2019

**THURSDAY  
RUN**

**19th**

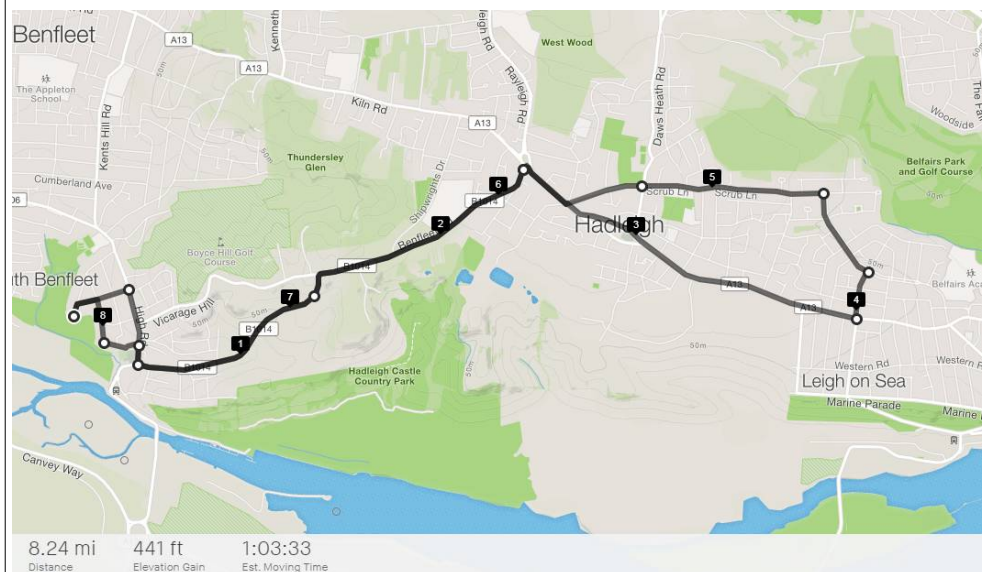
### **LONG ROUTE 10.1 MILES.**

HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13  
SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/DAWS  
HEATH RD/HART RD/CHURCH RD/KENTS HILL NORTH/KENTS  
HILL/HIGH RD/BROOK RD.



### **MEDIUM ROUTE 8.2 MILES**

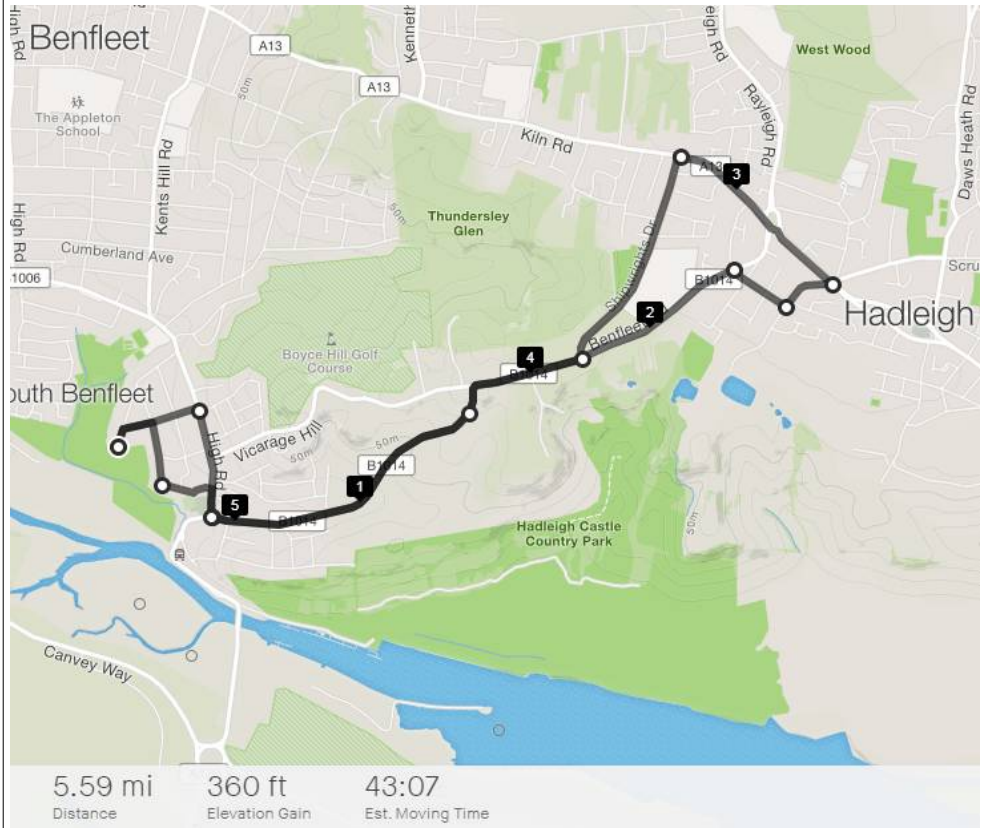
HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13  
SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/NEW  
RD//A13/BENFLEET RD/ESSEX WAY/HIGH RD/HALL FARM  
RD/FLEET RD/CLUB



## BENFLEET RUNNING CLUB TRAINING DECEMBER 2019

### SHORT ROUTE 5.6 MILES.

HOPE RD/HIGH RD/ ESSEX WAY/ BENFLEET RD/ST JOHNS RD/CHAPEL LANE/A13/SHIPWRIGHTS/BENFLEET RD/ESSEX WAY/HIGH RD/HALL FARM RD/FLEET RD/CLUB



### POST RUN CHRISTMAS DRINKS IN HOY

<b>SATURDAY EFFORTS</b>	<b>21st</b>	<b>MEET AT JOHN BURROWS 9AM</b> - training at West Wood
<b>TUESDAY</b>	<b>24th</b>	<b>CLUB CLOSED</b>
<b>THURSDAY</b>	<b>26th</b>	<b>PITSEA RUNNING CLUB CROWN TO CROWN</b> <b>5k RACE 11.00 AM</b> <b>WESTLEY HEIGHTS COUNTRY PARK</b> Rear of “The Crown” (Miller & Carter Restaurant), High Road, Langdon Hills, Basildon, Essex, SS16 6HU
<b>SATURDAY EFFORTS</b>	<b>28th</b>	<b>MEET AT JOHN BURROWS 9AM</b> training at John Burrows
<b>SUNDAY</b>	<b>29th</b>	<b>LEIGH STRIDERS SOUTH ESSEX XC</b> <b>HADLEIGH MOUNTAIN BIKE COURSE</b> <b>CHAPEL LANE</b> <b>SS7 2PP</b> <b>10.00 AM</b>

**BENFLEET RUNNING CLUB  
TRAINING DECEMBER 2019**

<b>TUESDAY</b>	<b>31st</b>	<b>CLUB CLOSED</b>