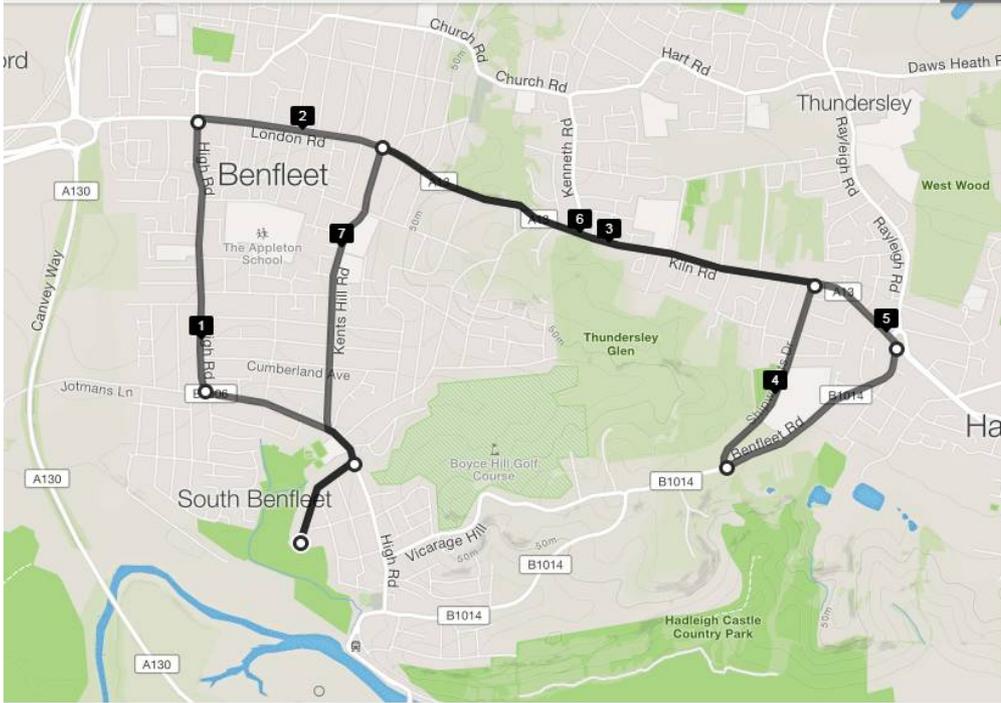


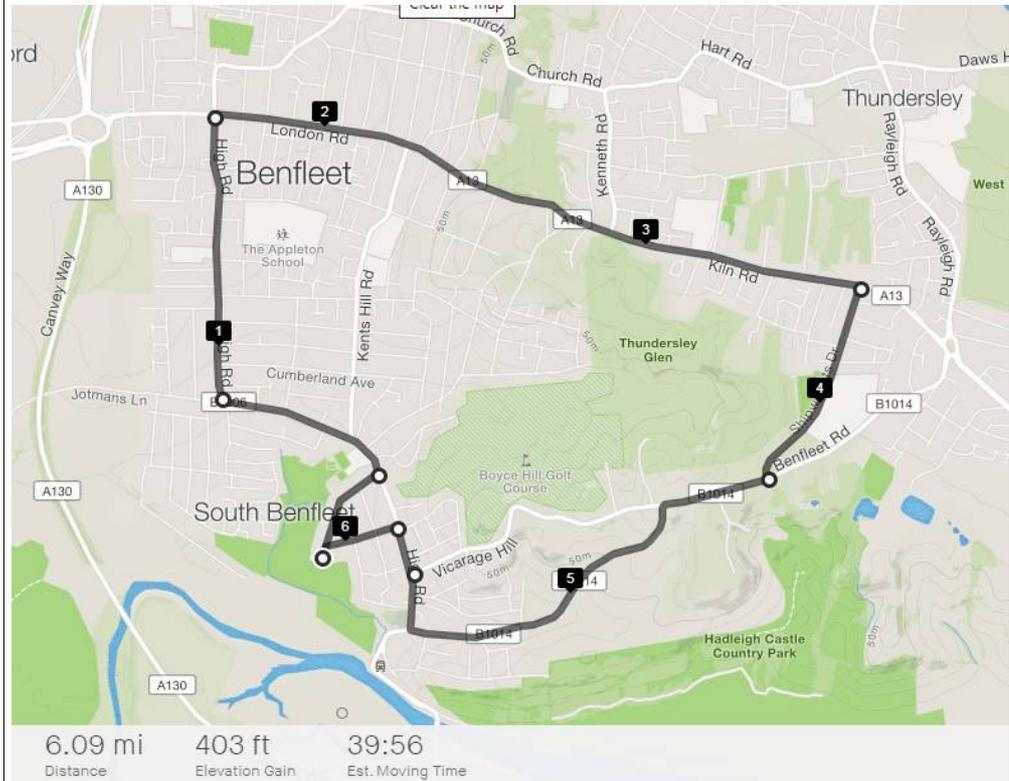
Benfleet Running Club Training November 2019

<p>TUESDAY EFFORTS</p>	<p>5th</p>	<p>STEVE, PAUL, DUNCAN AND NICK HILL CIRCUITS – GREENWOOD AVE/SIDWELL AVE 1 mile warm up/ 6-8 400M efforts with 400M recovery/ 1 mile cool down</p> <p>JAMES PYRAMID HILL SESSION Fernlea loop. 2 x 1 min, 2 x 2 min, 2 x 3 min, 2 x 2 min, 2 x 1 min. All with 75 sec standing recovery.</p> <p>IAN 2x(1000m/2 mins), 8x(400m/60s)</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>7th</p>	<p>BROOK RD/HIGH RD/TARPOTS/BREAD AND CHEESE HILL/SHIPWRIGHTS DR/BENFLEET RD/KILN RD BREAD AND CHEESE HILL/KENTS HILL RD/CLUB 8 MILES</p>  <p>7.99 mi Distance 440 ft Elevation Gain 52:23 Est. Moving Time</p>

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SHORTER ROUTE 6.1 MILES

BROOK RD/HIGH RD/TARPOTS/BREAD AND CHEESE
HILL/SHIPWRIGHTS DRIVE /BENFLEET RD/ESSEX WAY/CLUB



SATURDAY EFFORTS	9th	MEET AT JOHN BURROWS 9-10 AM Training at Littlehavens Nature Reserve
SUNDAY	10th	STEBBING 10
TUESDAY EFFORTS	12th	STEVE, PAUL, DUNCAN AND NICK BIRD ESTATE 1.5 mile warm up/ 4-6 1K efforts with 400M recovery/ 1.5 mile cool down JAMES NEW SESSION- SNAKES AND LADDERS IAN 10x(500m hilly rep/90s) BOBBY

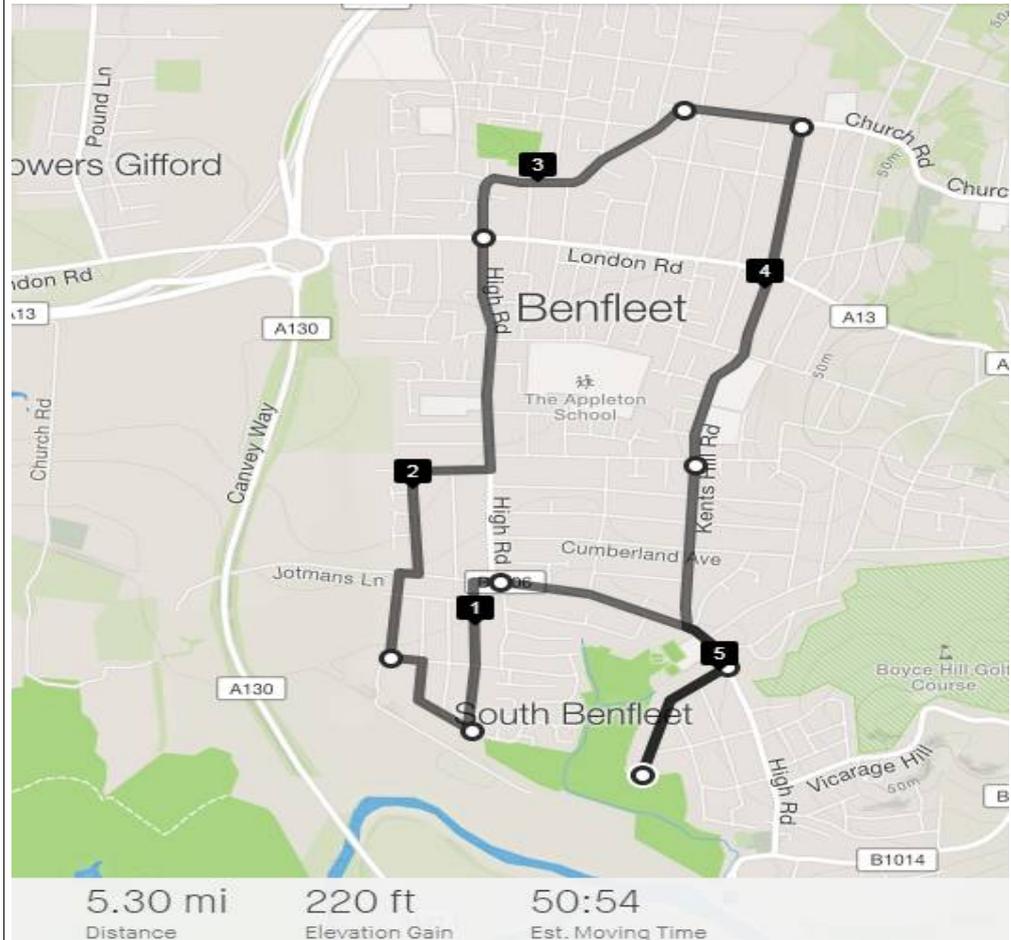
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<p>THURSDAY RUN</p>	<p>14th</p>	<p>BROOK RD/HIGH RD/JOTMANS LN/APPLETON RD/WOODHAM RD/PHILMEAD RD/LOTEN RD/WATLINGTONRD/UPLANDS RD/HIGH RD/CHURCH RD/KENNETH RD/BREAD AND CHEESE/KENTS HILL RD/HIGH RD/QUEENS RD/KINGS RD/VICARAGE HILL/GREEN RD/HOPE RD/CLUB 7.4 MILES</p>  <p>7.39 mi 498 ft 1:10:55 Distance Elevation Gain Est. Moving Time</p>

**Benfleet Running Club
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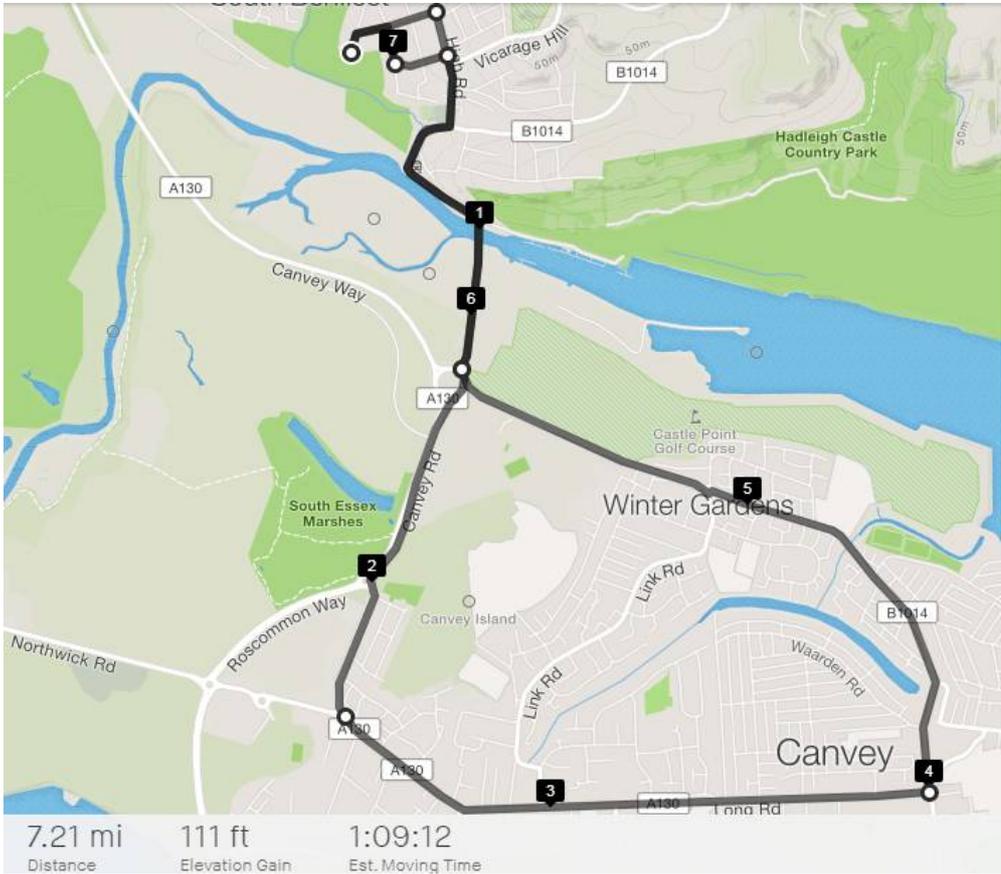
SHORTER ROUTE 5.3 MILES

BROOK RD/HIGH RD/JOTMANS LN/APPLETON RD/WOODHAM RD/PHILMEAD RD/LOTEN RD/WATLINGTON RD/UPLANDS RD/HIGH RD/CHURCH RD/KENTS HILL NORTH/KENTS HILL/BROOK RD

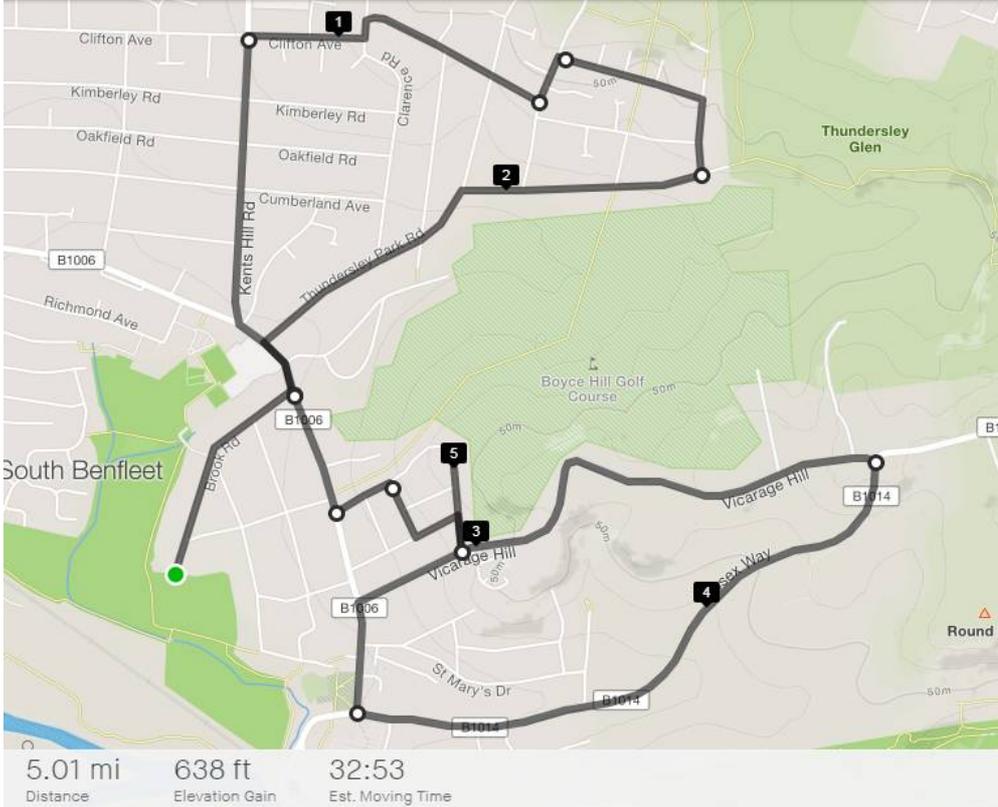


SATURDAY EFFORTS	16th	MEET AT JOHN BURROWS 9-10 AM Training at West Wood
SUNDAY	17th	BENFLEET CROSS COUNTRY THE MOUNTAIN BIKE COURSE HADLEIGH SS7 2PP 10.00AM
TUESDAY EFFORTS	19th	STEVE, PAUL, DUNCAN AND NICK ESSEX WAY EFFORTS 1 mile warm up/ 3-4, 5 min efforts from bottom of Essex Way with jog recoverer's back/ 1 mile cool down. JAMES 2 x 3,2,1 min hill efforts with 2.30, 1.30 recovery. 5 x 25 sec efforts with 75 sec recovery.

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		<p>IAN 2x(4x600m/90s)</p> <p>BOBBY</p>
THURSDAY RUN	21st	<p>HOPE RD/HIGH RD/CANVEY RD/LONG RD/CENTRAL WALL RD/SOMNES AVE/CANVEY RD/HIGH RD/GREEN RD/FLEET RD/CLUB 7.2 MILES</p>  <p>7.21 mi 111 ft 1:09:12 Distance Elevation Gain Est. Moving Time</p>
SATURDAY EFFORTS	23rd	<p>MEET AT JOHN BURROWS 9-10 AM Training at John Burrows</p>
TUESDAY EFFORTS	26th	<p>STEVE, PAUL, DUNCAN AND NICK CLUB 1 MILE LOOP 1 mile warm up/ 2//4/6/2/4/6 min efforts with 1/2/3/1/2/3 recovery/ 1 mile cool down</p>

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		<p>JAMES BIRD ESTATE 8 X 1K efforts with jog back to start recovery</p> <p>IAN Fartlek - 5 or 6x(370m/130m jog), 5 or 6x(310m/190m jog)</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>28th</p>	<p>BALL BREAKER 5.1 MILES BROOK RD/HIGH RD/KENTS HILL RD/CLIFTON AVE/CLARENCE RD NORTH/HILL RD/SOUTHWELL/MOUNT RD/UNDERHILL RD/ HILL RD/CLARENCE RD NORTH/THUNDERSLEY PARK RD/ HIGH ROADQUEENS RD/ALEXANDRA RD/HILLSIDE RD/KNIGS RD/VICARAGE HILL/ESSEX WAY/VICARAGE HILL/ KINGS RD/ BACK TO CLUB</p>  <p>TO SHORTEN ROUTE, RETURN TO CLUB DIRECTLY AFTER DESCENDING ESSEX WAY</p>
<p>SATURDAY</p>	<p>30th</p>	<p>U13/U15/VET F / M CROSS COUNTRY WRITTLE COLLEGE, CHELMSFORD CM1 3RR (NO SATURDAY TRAINING)</p>