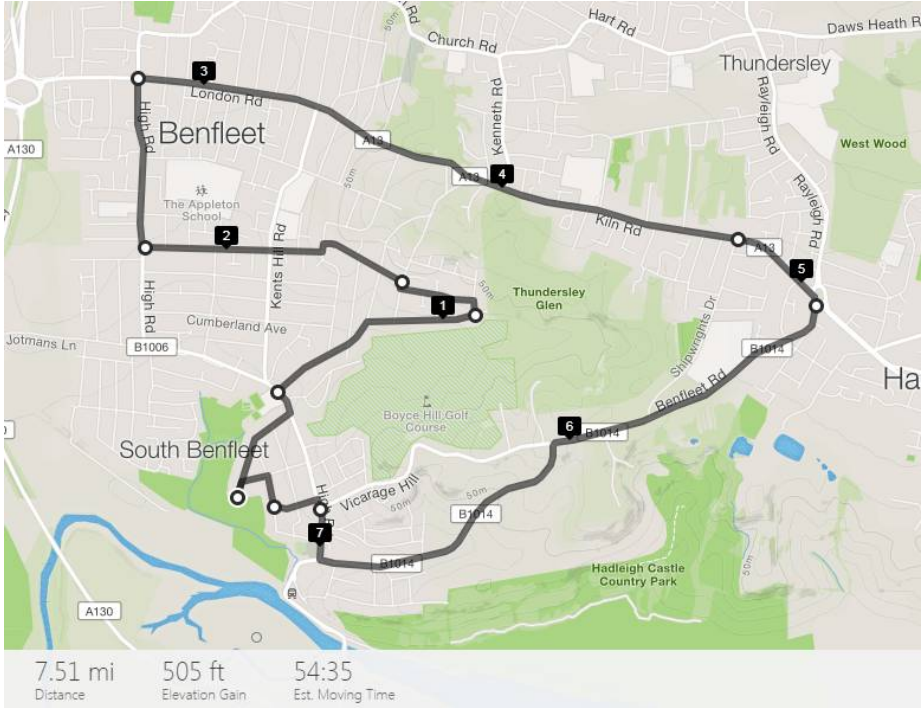
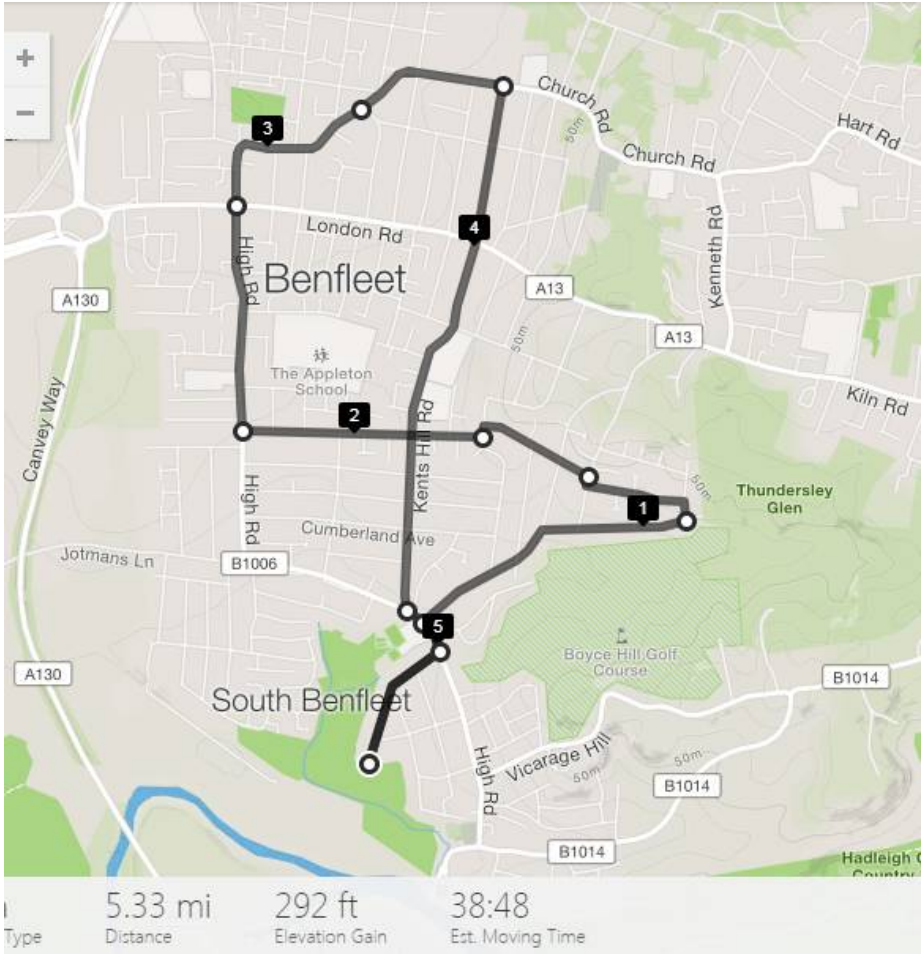


## BENFLEET RUNNING CLUB TRAINING FEBRUARY 2020

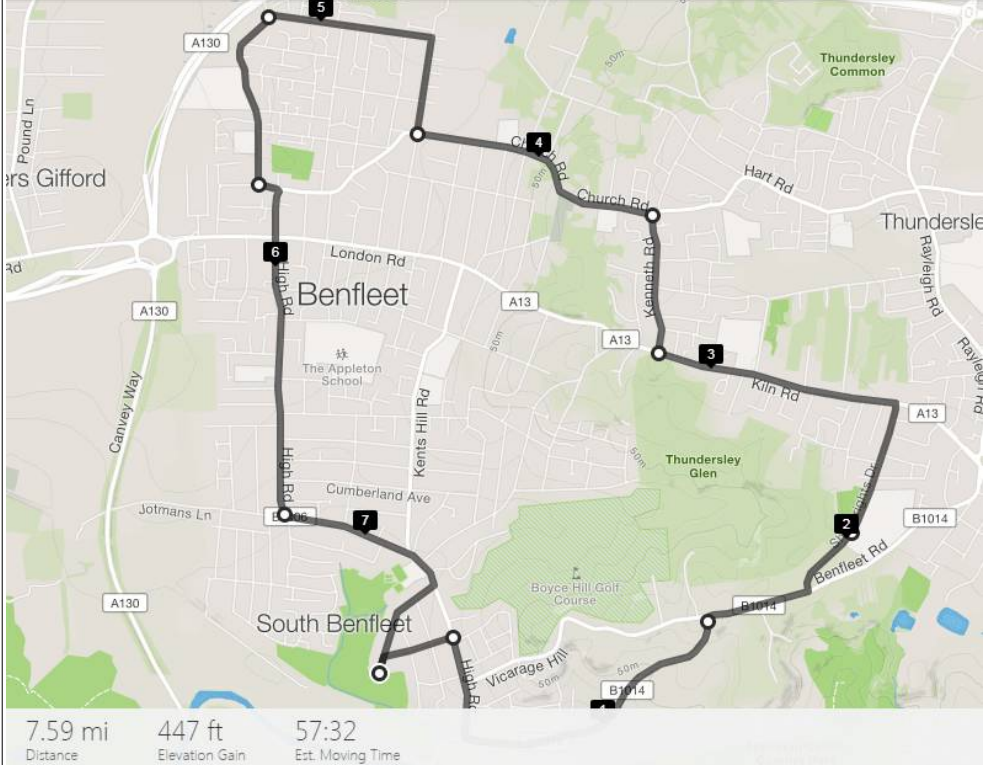
<b>SATURDAY EFFORTS</b>	<b>1st</b>	Meet at John Burrows @ 9am (training in West Wood)
<b>TUESDAY EFFORTS</b>	<b>4th</b>	<p><b>DUNCAN, PAUL, STEVE AND NICK</b> Mile warm up/Grosvenor Rd/Mill Hill - Hill Circuits – 4 or 5 x(650m/300m jog rec)/ Mile cool down</p> <p><b>JAMES</b> Fartlek. 2 x 1,2,3,2,1 minutes all off 1 minute.</p> <p><b>IAN</b> 2x(1km/2 mins) then 6-8x(400m/60s)</p> <p><b>BOBBY</b></p>
<b>THURSDAY RUN</b>	<b>6th</b>	<p><b>BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL/MOUNT RD/FERNLEA RD/HILL RD/CLARENCE RD /CLIFTON AVE/HIGH RD/A13/BREAD AND CHEESE/KILN RD/BENFLEET RD/ESSEX WAY/CLUB 7.5 MILES</b></p>  <p><b>SHORTER ROUTE 5.3 MILES</b> 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>

## BENFLEET RUNNING CLUB TRAINING FEBRUARY 2020

		
<b>SATURDAY EFFORTS</b>	<b>8th</b>	
<b>SUNDAY</b>	<b>9th</b>	<b>SOUTH ESSEX XC LEAGUE. 10AM START THORNDON COUNTRY PARK CM13 3LL</b>
<b>TUESDAY EFFORTS</b>	<b>11th</b>	<p><b>DUNCAN, PAUL, STEVE AND NICK</b> Bird Estate 1000M/800/600M/1000M/800M/600M Pyramid Efforts with 2-3 min recovery</p> <p><b>JAMES</b> Fernlea loop fartlek</p> <p><b>IAN</b> 2x(4-5x600m/90s)</p> <p><b>BOBBY</b></p>

# BENFLEET RUNNING CLUB

## TRAINING FEBRUARY 2020

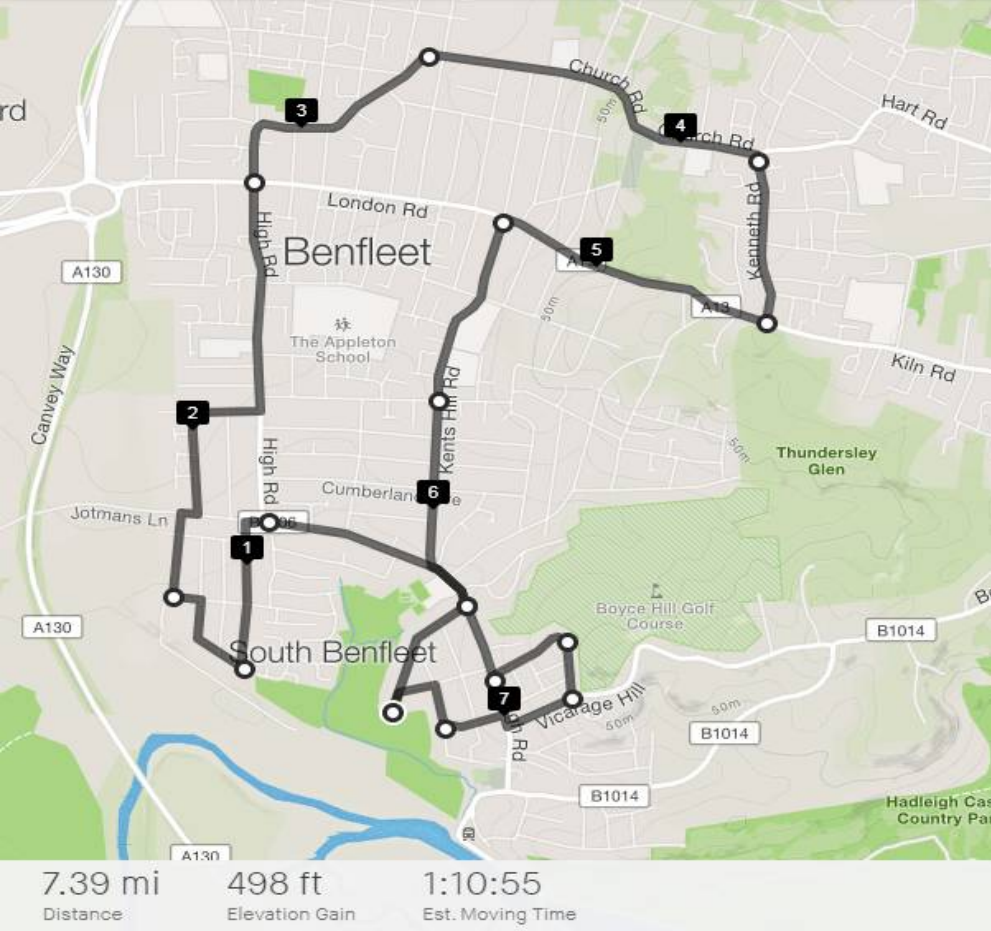
<p><b>THURSDAY RUN</b></p>	<p><b>13th</b></p>	<p>HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/SHIPWRIGHTSKILN RD/KENNETH RD/CHURCH RD/MANORRD/ WOODSIDE/RUSHBOTTOM LN/TARPOTS/HIGH RD/BROOK RD  <b>7.6 MILES</b></p>  <p><b>SHORTER ROUTE 5.2 MILES</b>  HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/SHIP WRIGHTS/KILN RD/BREAD AND CHEESE/KENTS HILL/ BROOK RD</p>
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## BENFLEET RUNNING CLUB TRAINING FEBRUARY 2020

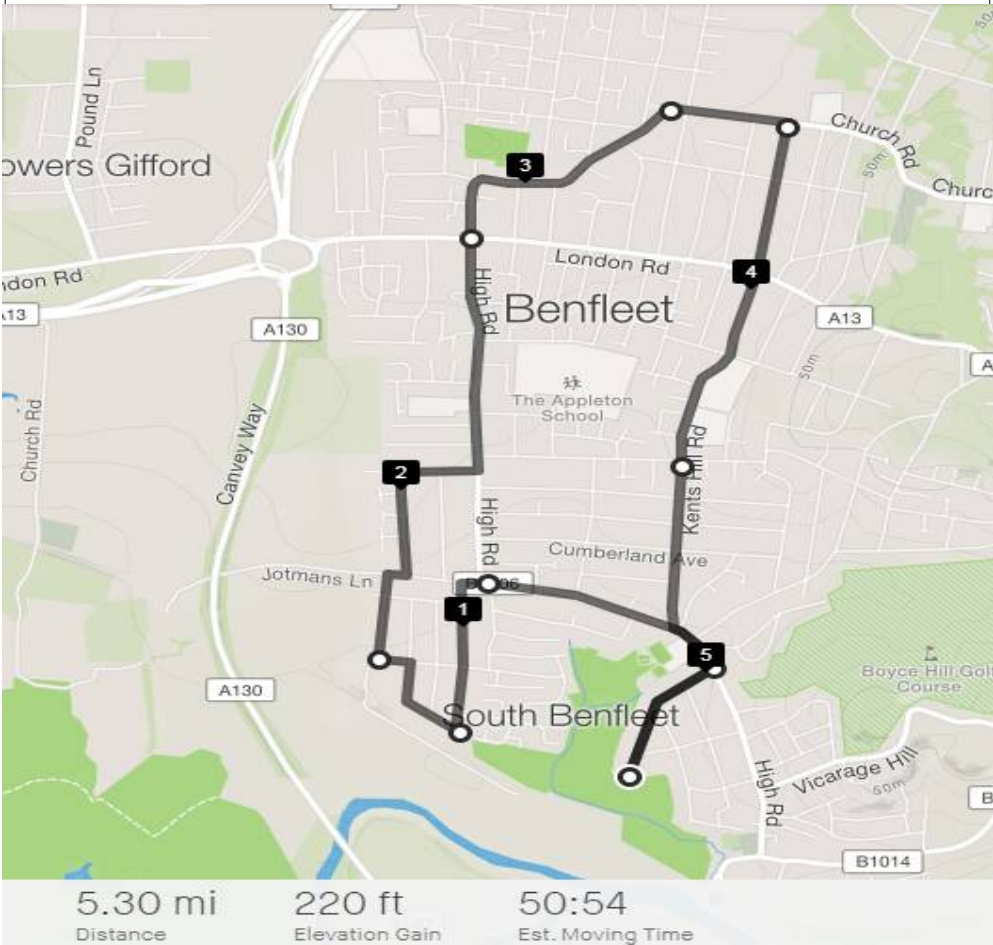
		 <p>5.15 mi Distance 363 ft Elevation Gain 39:04 Est. Moving Time</p>
<b>SATURDAY</b>	<b>15th</b>	<b>ESSEX XC LEAGUE</b> <b>GREAT NOTLEY COUNTRY PARK</b> <b>CM77 7FS</b>
<b>TUESDAY EFFORTS</b>	<b>18th</b>	<b>DUNCAN, PAUL, STEVE AND NICK</b> Mile warm up/ 7 x 25 sec effort hill effort with 60 sec recovery x 3 (using River View, Sidwell and Mill Hill)/ 1 mile cool down.  <b>JAMES</b> Kenyan hills 3 x 10 mins.  <b>IAN</b> 8-10x(500m hilly out & back reps/90s)  <b>BOBBY</b>



## BENFLEET RUNNING CLUB TRAINING FEBRUARY 2020

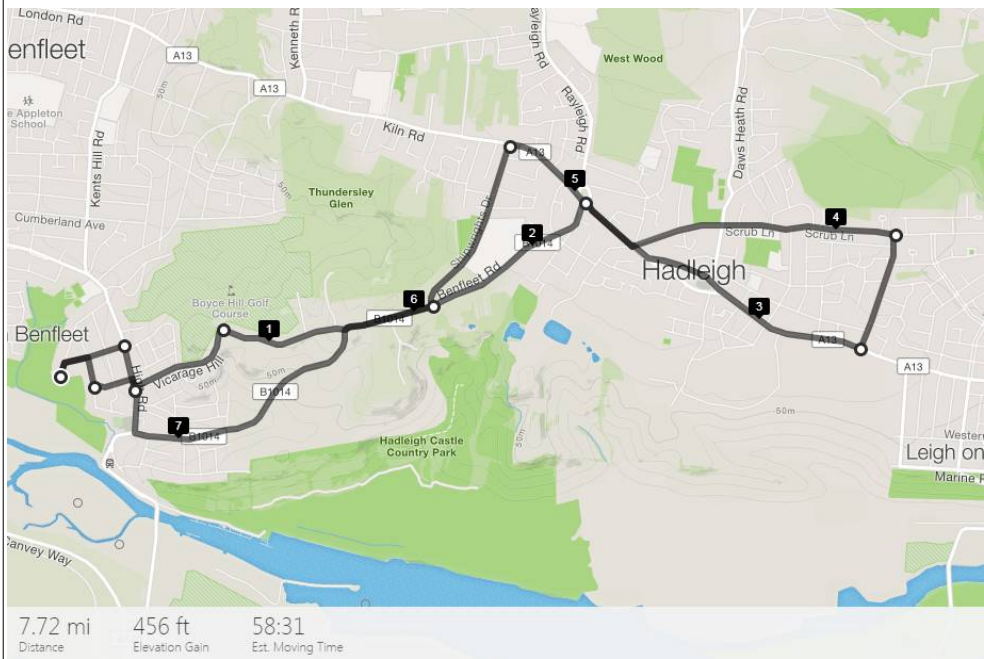
<b>THURSDAY RUN</b>	<b>20rd</b>	<p> <b>BROOK RD/HIGH RD/JOTMANS LN/APPLETON RD/WOODHAM RD/PHILMEAD RD/LOTEN RD/WATLINGTON RD/UPLANDS RD/HIGH RD/CHURCH RD/KENNETH RD/BREAD AND CHEESE/KENTS HILL RD/HIGH RD/QUEENS RD/KINGS RD/VICARAGE HILL/GREEN RD/HOPE RD/CLUB 7.4 MILES</b> </p>  <p> <b>SHORTER ROUTE 5.3 MILES</b>  <b>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</b> </p>
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## BENFLEET RUNNING CLUB TRAINING FEBRUARY 2020

		 <p>5.30 mi Distance    220 ft Elevation Gain    50:54 Est. Moving Time</p>
<b>SATURDAY EFFORTS</b>	<b>22nd</b>	
<b>SUNDAY</b>	<b>23rd</b>	<b>SOUTH ESSEX XC LEAGUE. 10AM START WEALD COUNTRY PARK CM14 5Q</b>
<b>TUESDAY EFFORTS</b>	<b>25th</b>	<p><b>DUNCAN, PAUL, STEVE AND NICK</b> 1 mile warm up/ Random efforts of between 1 minute and 6 minutes with 50% effort time recovery/ regroup. Total effort time of 18-20 minutes/ 1 mile cool down. Using Winter time trial route.</p> <p><b>JAMES</b> River view road 18 x 20s up 45 down, 2 x 5 mins (2 min jog) on mile loop</p> <p><b>IAN</b> Fartlek 5-6x(370m/130m jog), 5-6x(310/190m jog)</p> <p><b>BOBBY</b></p>
<b>THURSDAY RUN</b>	<b>27th</b>	

**BENFLEET RUNNING CLUB**  
**TRAINING FEBRUARY 2020**

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/LONDON  
RD/WOODFIELD/RD/SCRUB LANE/NEW RD/KILN  
ROAD/SHIPWRIGHTS DRIVE/BENFLEET ROAD/ESSEX  
WAY/CLUB. **7.9 MILES**



**SHORTER ROUTE 5.2 MILES**  
BROOK RD/HIGH RD/VICARAGE HILL/BENFLEET RD/KILN  
RD/SHIPWRIGHTS DR/BENFLEET RD/ ESSEX WAY/HIGH RD/HOPE  
RD/CLUB

# BENFLEET RUNNING CLUB

## TRAINING FEBRUARY 2020

		<p>5.27 mi 394 ft 39:58</p> <p>Distance Elevation Gain Est. Moving Time</p>
SATURDAY EFFORTS	29th	