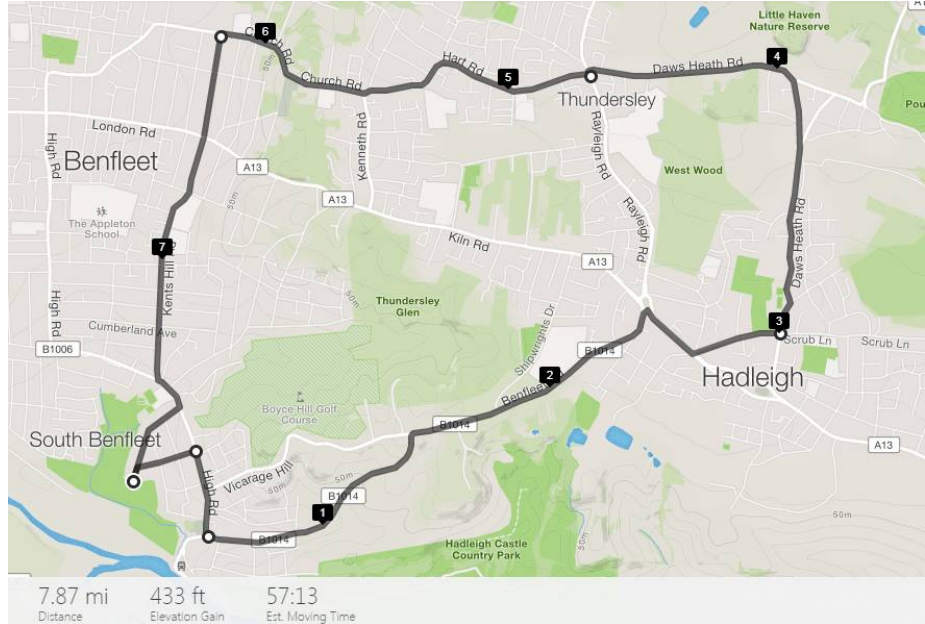


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**THURSDAY
RUN**

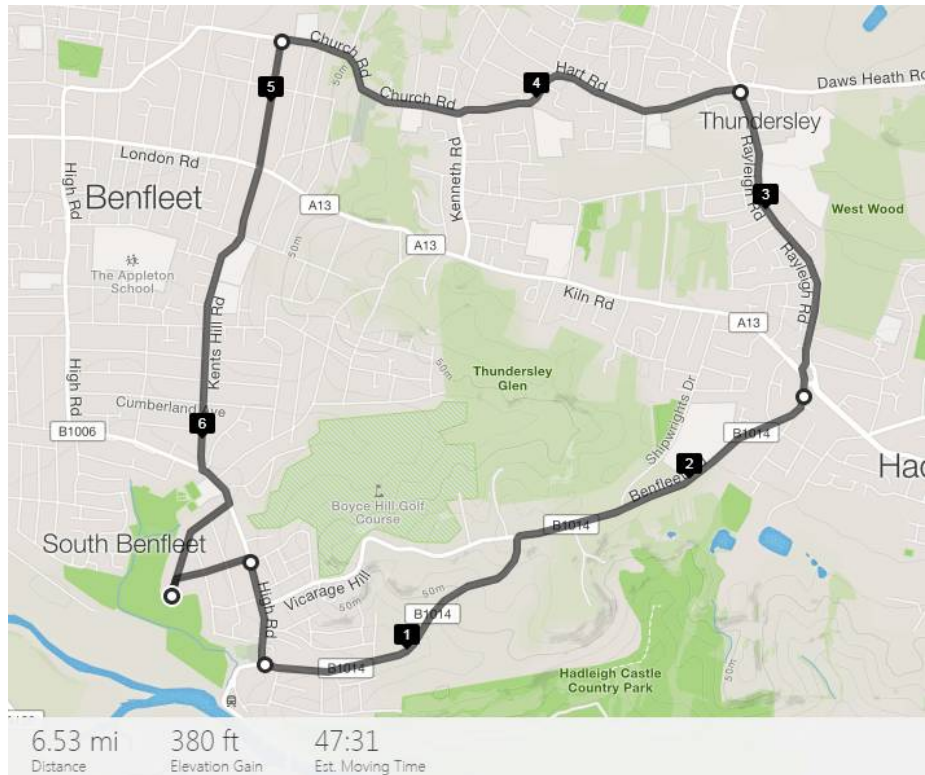
2nd

**HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/A13/NEW RD/DAWS HEATH/HART RD/CHUCH RD/KENTS HILL/CLUB
7.9 MILES**

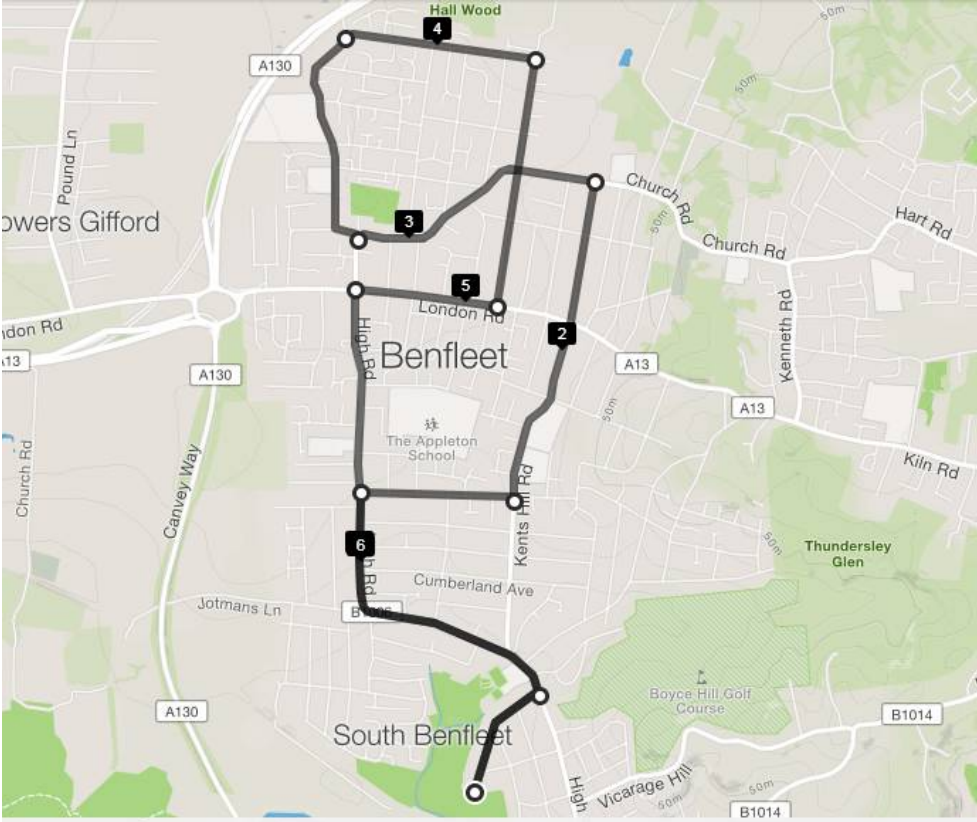


SHORTER ROUTE 6.5 MILES

HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/RAYLEIGH RD/HART RD/CHUCH RD/KENTS HILL/CLUB




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<p>SATURDAY</p>	<p>4th</p>	<p>5km Time Trial</p>
<p>TUESDAY EFFORTS</p>	<p>7th</p>	<p>STEVE, DUNCAN, GRAHAM AND NICK CLUB 1 MILE LOOP 1 mile warm up/6/4/2/6/4/2 min efforts with 3/2/1/3/2/1 recovery/ 1 mile cool down</p> <p>JAMES Hill session. 2 x 90s, 4 x 60s, 6 x 30s, 8 x 15s. jog back recoveries.</p> <p>IAN Hill Reps - 2x(7x30s/60s jog back rec)</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>9th</p>	<p>BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL NORTH/CHURCH RD/RUSHBOTTOM LN/WOODSIDE AVE/MANORRD/LONDON RD/TARPOTS/HIGH RD/CLUB 7 MILES</p>  <p>6.96 mi 281 ft 48:08 Distance Elevation Gain Est. Moving Time</p> <p>SHORTER ROUTE 4.9 MILES BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL NORTH/CHUCH RD/TARPOTS HIGH RD/BROOK RD CLUB</p>

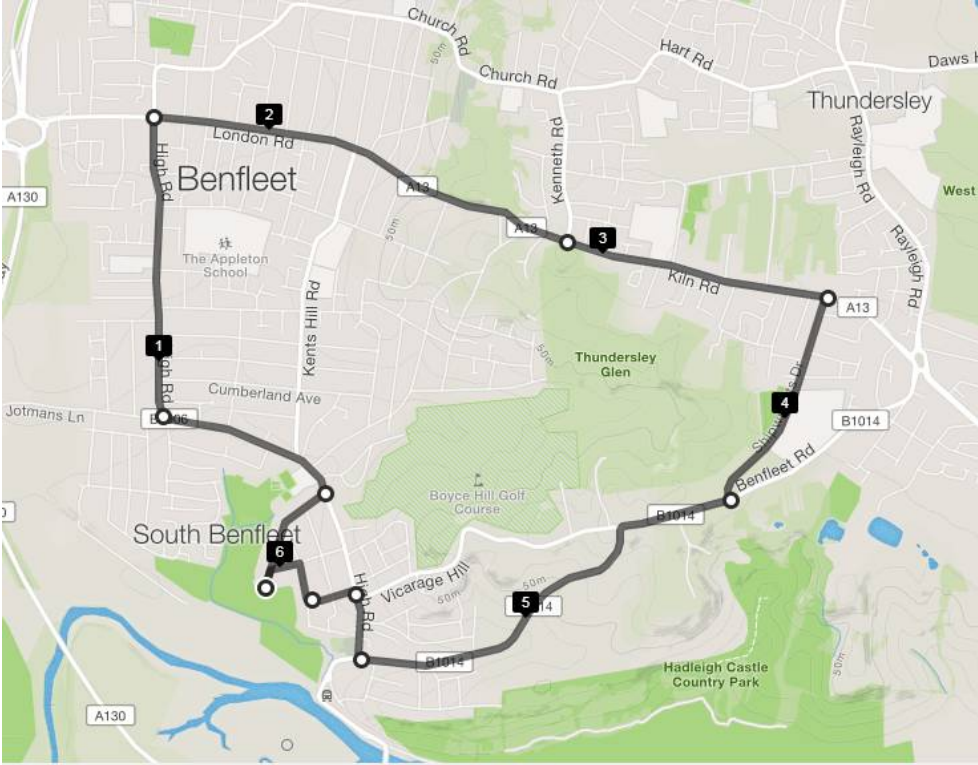
BENFLEET RUNNING CLUB TRAINING APRIL 2020

		 <p style="text-align: center;">4.94 mi 193 ft 34:09 Distance Elevation Gain Est. Moving Time</p>
SATURDAY	11th	3x(3-2-1 mins/1 min jog rec)
TUESDAY EFFORTS	14th	<p>DUNCAN, STEVE, GRAHAM 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</p> <p>JAMES Fartlek - 1,2,3,4,5,6,5,4,3,2,1 mins all with 90s recoveries</p> <p>IAN Tempo - 15 mins easy/15 mins @ 10km pace, 15 mins easy</p> <p>BOBBY</p>

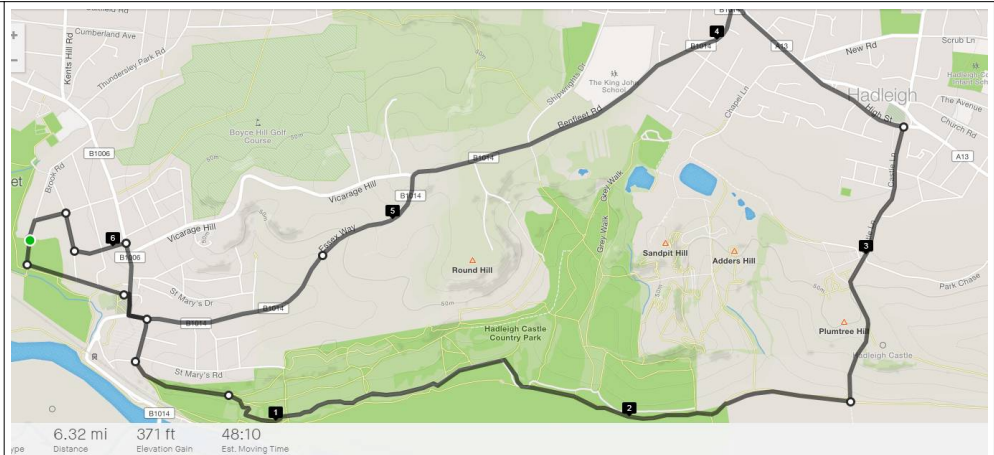
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THURSDAY RUN	16th	<p>BROOK RD/HIGH RD/A13/BREAD AND CHEESE/KENNETH RD/HART RD/RAYLEIGH RD/A13/SHIPWRIGHTS DR/BENFLEET RD/ESSEX WAY/CLUB 7.8 MILES</p>  <p>7.84 mi 444 ft 59:48 Distance Elevation Gain Est. Moving Time</p> <p>SHORTER ROUTE 6.1 MILES BROOK RD/HIGH RD/A13/BREAD AND CHEESE/SHIPWRIGHTS DR/BENFLEET RD/ESSEX WAY/CLUB</p>
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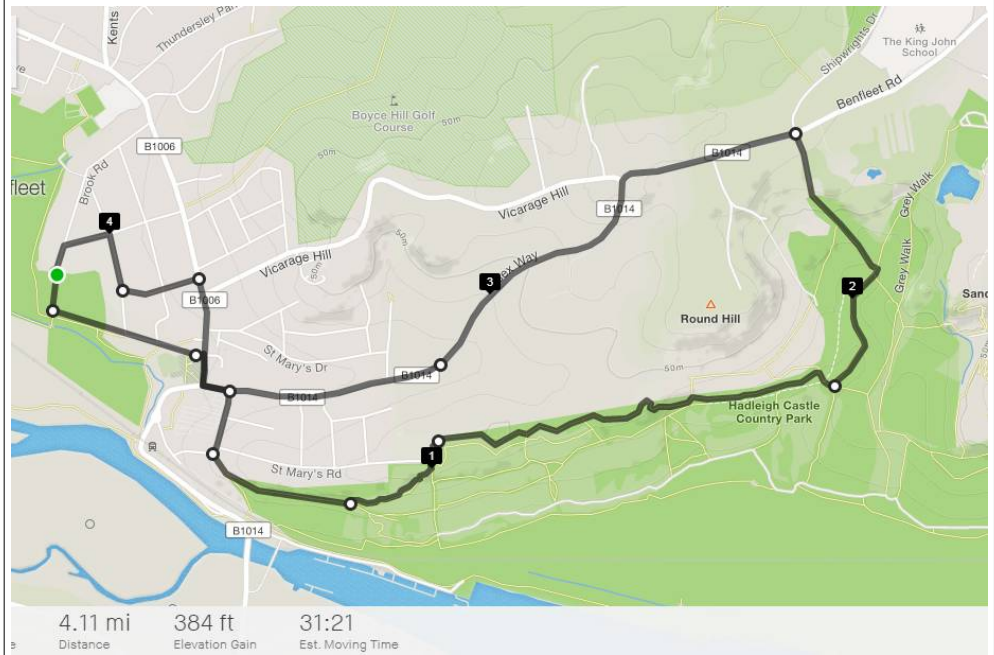
BENFLEET RUNNING CLUB TRAINING APRIL 2020

		 <p style="text-align: center;">6.07 mi 385 ft 46:16 Distance Elevation Gain Est. Moving Time</p>
SATURDAY EFFORTS	18th	4x(4 mins @ 5km pace/2 mins jog rec)
TUESDAY EFFORTS	21st	<p>DUNCAN, STEVE, GRAHAM AND NICK Canvey sea wall Efforts going out 2/3/4/3/2 min efforts with 1/1.30/2/1.30/1 min jog recovery coming back 1 min efforts with 30 sec jog recovery</p> <p>JAMES 4 x 1M with 2 min jog recoveries, 4 x 1 min with 1 min jog</p> <p>IAN 6x(2 mins/1 min jog rec), 6x(1 mins/1 min jog rec)</p> <p>BOBBY</p>
THURSDAY RUN	23rd	BROOK RD/HOPE RD/HIGH RD/SCHOOL LANE/LOWER GRAVEL PATH ON DOWNS/CASTLE LANE/ A13/ BENFLEET RD/ESSEX WAY /CLUB 6.3 MILES

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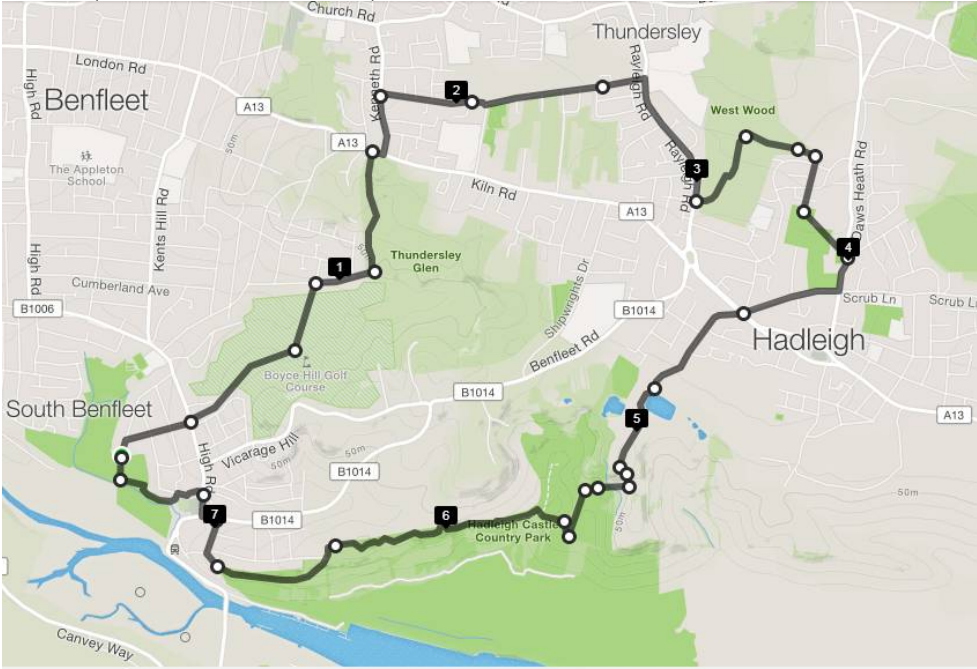


SHORTER ROUTE 4.1 MILES
BROOK RD/HOPE RD/HIGH RD/SCHOOL LANE/UPPER GRAVEL PATH ON DOWNS/ LEFT ONTO PATH LEADING TO SHIPWRIGHTS HILL/BENFLEET RD/ ESSEX WAY/CLUB



<p>SATURDAY EFFORTS</p>	<p>25th</p>	<p>Hill Reps - 2x(5x45s/90s jog back rec)</p>
<p>TUESDAY EFFORTS</p>	<p>28th</p>	<p>DUNCAN, STEVE, GRAHAM AND NICK OFF ROAD. From 3 way sign on gravel path in Downs, 3, 7 minute efforts with 3.5 min standing recovery, using upper gravel path.</p> <p>JAMES Fernlea fartlek. 3 x 1/2/3/4 sides with 1 side jog recovery</p>

BENFLEET RUNNING CLUB TRAINING APRIL 2020

		<p>IAN Tempo - 1 mile easy, 2 miles @ 10km pace, 1 mile easy</p> <p>BOBBY</p>						
<p>THURSDAY RUN</p>	<p>30th</p>	<p>HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATH THROUGH GLEN/X A13/RUNNYMEADE CHASE/THE CHASE/RAYLEIGH RD/WESTWOOD/ UP THROUGH JOHN BURROUGHS/NEW RD/ X A13/CHAPEL LANE/UPPER GRAVEL PATH (PARK RUN ROUTE)/SCHOOL LANE/CLUB 7.5 MILES</p>  <table border="1" data-bbox="454 1344 1436 1400"> <tr> <td>7.49 mi</td> <td>572 ft</td> <td>55:37</td> </tr> <tr> <td>Distance</td> <td>Elevation Gain</td> <td>Est. Moving Time</td> </tr> </table> <p>SHORTER ROUTE 4.3 MILES HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATH THROUGH GLEN/SHIPWRIGHTS DR/ (IF LIGHT IS FAILING TAKE BENFLEET RD/ESSEX WAY BACK TO CLUB) OR X BENFLEET RD/ DOWN FOOTPATH TO SHIPWRIGHTS HILL/UPPER GRAVEL PATH (PARK RUN ROUTE)/SCHOOL LANE/CLUB</p>	7.49 mi	572 ft	55:37	Distance	Elevation Gain	Est. Moving Time
7.49 mi	572 ft	55:37						
Distance	Elevation Gain	Est. Moving Time						

BENFLEET RUNNING CLUB TRAINING APRIL 2020

