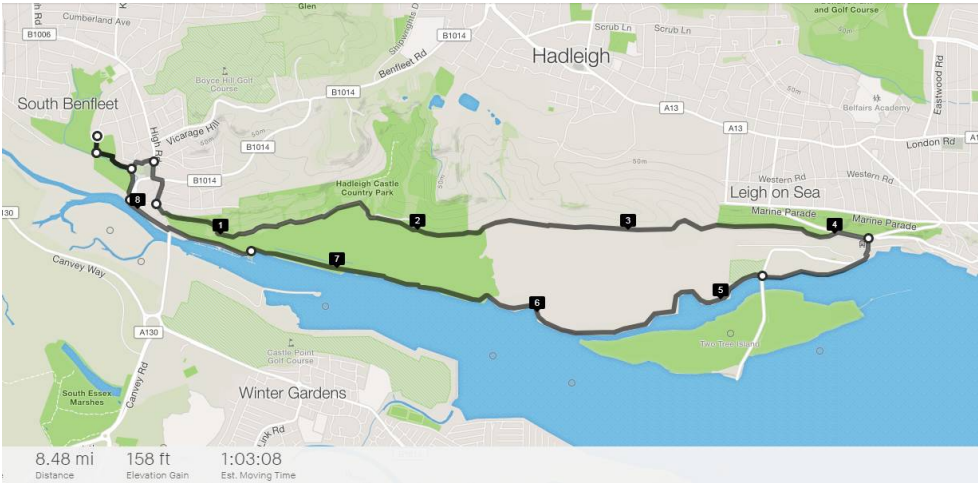
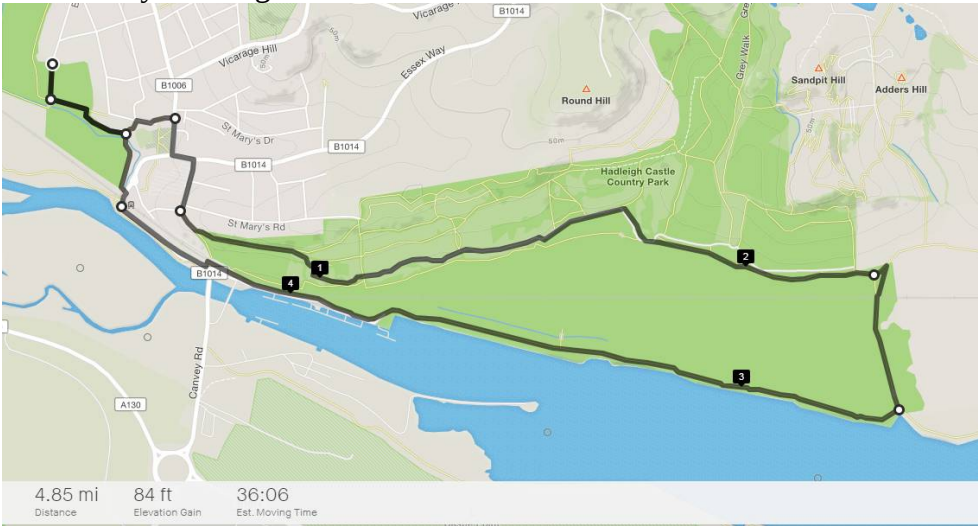


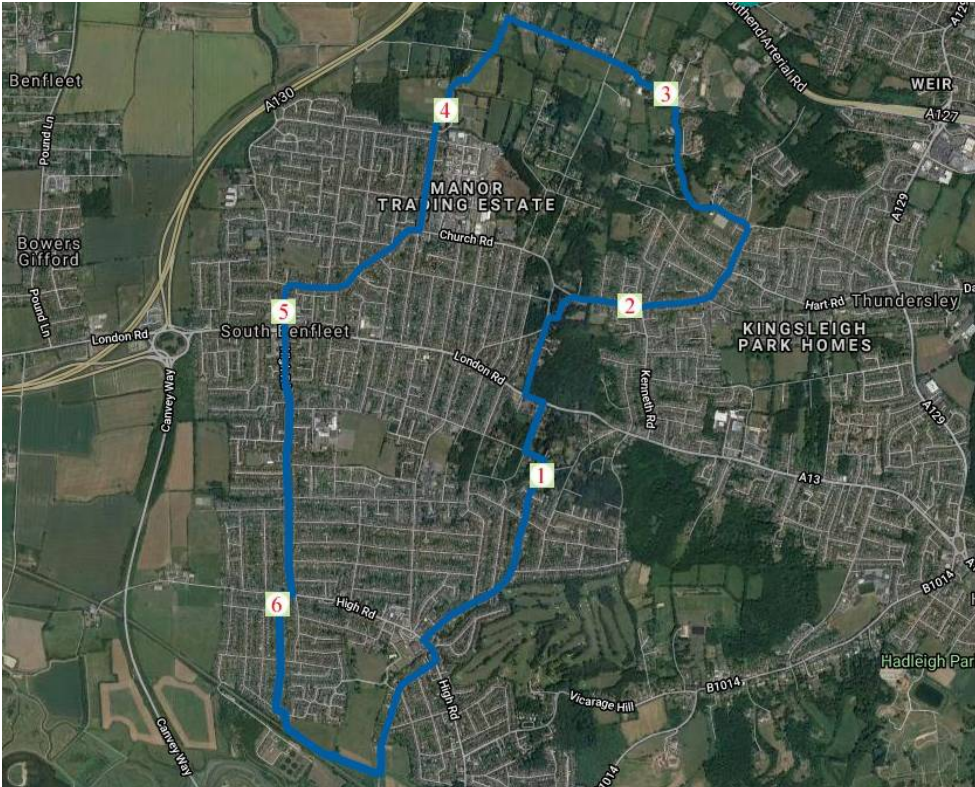
# BENFLEET RUNNING CLUB

## TRAINING MAY 2020

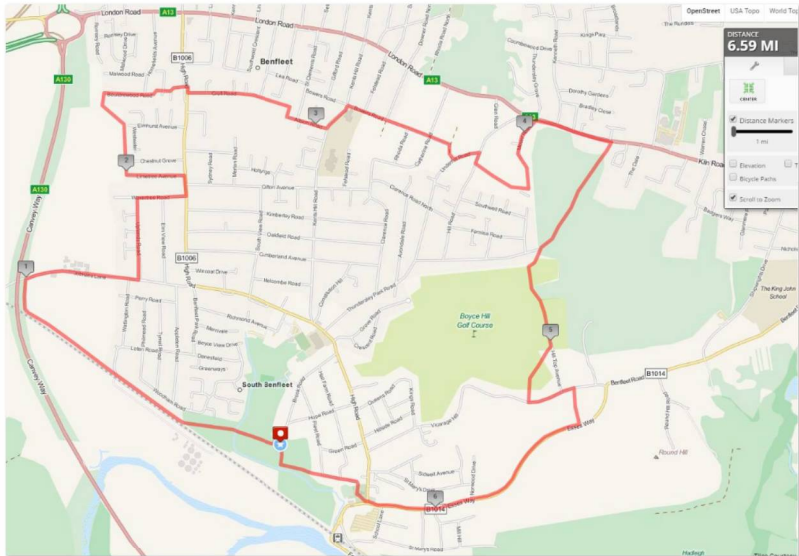
<b>SATURDAY</b>	<b>2nd</b>	
<b>TUESDAY EFFORTS</b>	<b>5th</b>	<p><b>STEVE, DUNCAN, GRAHAM AND NICK</b>  Flat Effort Session  1 mile warm up/ 4 x 90 sec efforts with 60 sec standing recovery/ 3 min standing recovery then/ 8 x 60 sec effort with 45 sec standing recovery/ 1 mile cool down</p> <p><b>JAMES</b>  2M tempo, 6 x 2 mins (1 min jog recovery) 1M tempo</p> <p><b>IAN</b>  6x(3 mins/1 min jog recs)</p> <p><b>BOBBY</b></p>
<b>THURSDAY RUN</b>	<b>7th</b>	<p><b>LEIGH STATION AND BACK 8.5 MILES</b></p>  <p><b>SHORTER ROUTE 4.85 MILES</b>  Use railway crossing half across The Downs</p> 

# BENFLEET RUNNING CLUB

## TRAINING MAY 2020

<b>SATURDAY</b>	<b>9th</b>	12x(400m/60s rest)
<b>TUESDAY EFFORTS</b>	<b>12th</b>	<p><b>STEVE, DUNCAN, GRAHAM AND NICK</b> Hill Effort using a moderate climb, 1 mile warm up/ 6-8 400M efforts with jog back recovery/ 1 mile cool down</p> <p><b>JAMES</b> Mona fartlek. 5 min tempo (.5M easy) 2 x 90s (90s float), 4 x 60s (60s float) 4 x 30s (30s float) 4 x 15 (15s float) .5 M jog, 5 min tempo</p> <p><b>IAN</b> Hill reps 12x(45s up/90s jog back)</p> <p><b>BOBBY</b></p>
<b>THURSDAY RUN</b>	<b>14th</b>	<p>BROOK RD/ HIGH RD/THUNDERSLEY PARK RD/JARVIS RD /BOWERS RD/CATHERINE RD/A13 RHODA RD N/THROUGH CHURCH YARD/CHURCH RD/HART RD/COMMON APPROUCH RD/GREAT BURCHES RD/BURCHES RD/FANE RD/ACROSS PLAYING FIELD/MANOR RD/CHURCH RD/HIGH RD/JOTMANS LANE/APPLETON RD/WOODHAM PARK DR/RICHMOND PLAYING FIELDS <b>6.77 MILES</b></p> 


## BENFLEET RUNNING CLUB TRAINING MAY 2020

		<b>SHORTER ROUTE 4 MILES</b> When you reach Church Road turn right downhill and return to Tarpots
<b>SATURDAY EFFORTS</b>	<b>16th</b>	8-6-4-2 mins/2 mins jog recs
<b>TUESDAY EFFORTS</b>	<b>19th</b>	<b>STEVE, DUNCAN, GRAHAM AND NICK</b> Flat 1 mile efforts, 1 mile warm up/ 4 ,1 mile efforts with 3 min standing recovery/ 1 mile cool down  <b>JAMES</b> Hills - 3/2/1 mins with equal jog back recovery. 2, 3 or 4 sets.  <b>IAN</b> 15x(60s/60s jog rec), 10x(30s/30s jog rec)  <b>BOBBY</b>
<b>THURSDAY RUN</b>	<b>21st</b>	<b>THE BADGER RUN</b>    Shorter route possible by running along Underhill and back over golf course after exiting The Glen, this should reduce the run by about 1 mile
<b>SATURDAY EFFORTS</b>	<b>23th</b>	2x1000m (2 mins rest), 8x500m (100m walk rec)
<b>TUESDAY</b>	<b>26th</b>	<b>STEVE, DUNCAN, GRAHAM AND NICK</b>



# BENFLEET RUNNING CLUB

## TRAINING MAY 2020

<b>EFFORTS</b>		<p>Hill Effort using a steep climb, 1 mile warm up/ 30/60/90/120 sec effort with 60/120/180/ 240 sec jog back recovery/ 3 min standing recovery/ then repeat/ 1 mile cool down</p> <p><b>JAMES</b> 4 or 5 x 1M - first 3/4M at 10k pace, last 1/4M at 5k pace. 3 min jog between efforts.</p> <p><b>IAN</b> 3x(3-2-1 mins/1 min jog recs)</p> <p><b>BOBBY</b></p>
<b>THURSDAY RUN</b>	<b>28th</b>	<p><b>ROUND THE CASTLE 7 MILES</b> School Lane / lower gravel path/ past castle / up slope returning to castle / through castle / Castle Lane / Sea View Terrace / footpath to Mountain BikeCentre / back down Park Run Route / School Lane / Club.</p>  <p>Shorter route possible by taking first steep track you come to at Castle. <b>6 MILES</b></p>
<b>SATURDAY EFFORTS</b>	<b>30th</b>	4x600m (60s rest), 8x300m (100m walk rec)