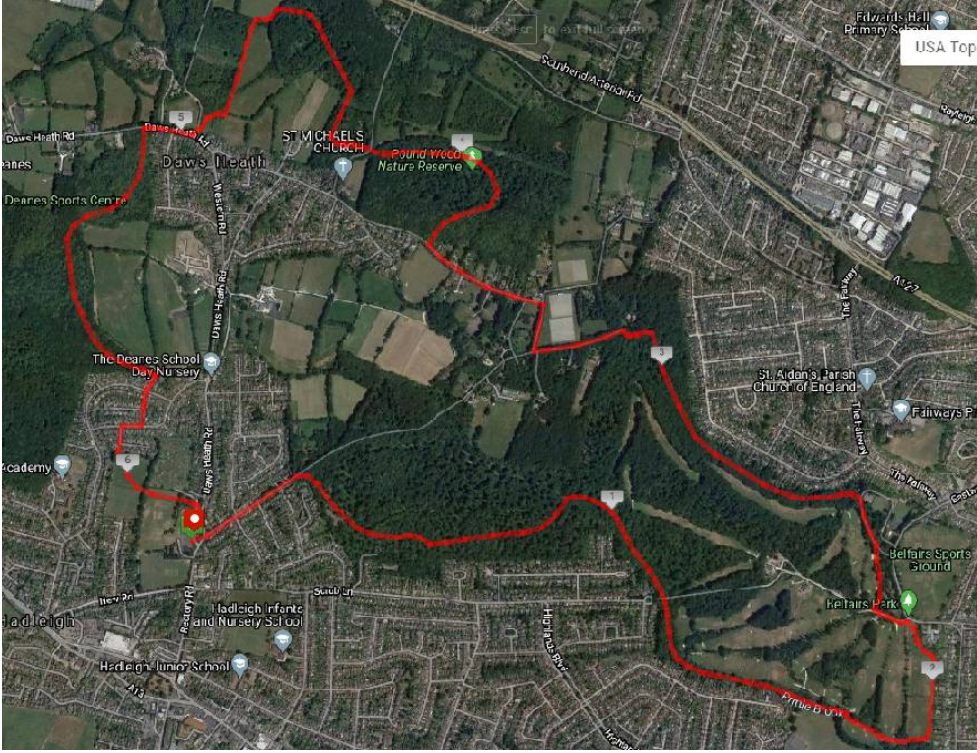
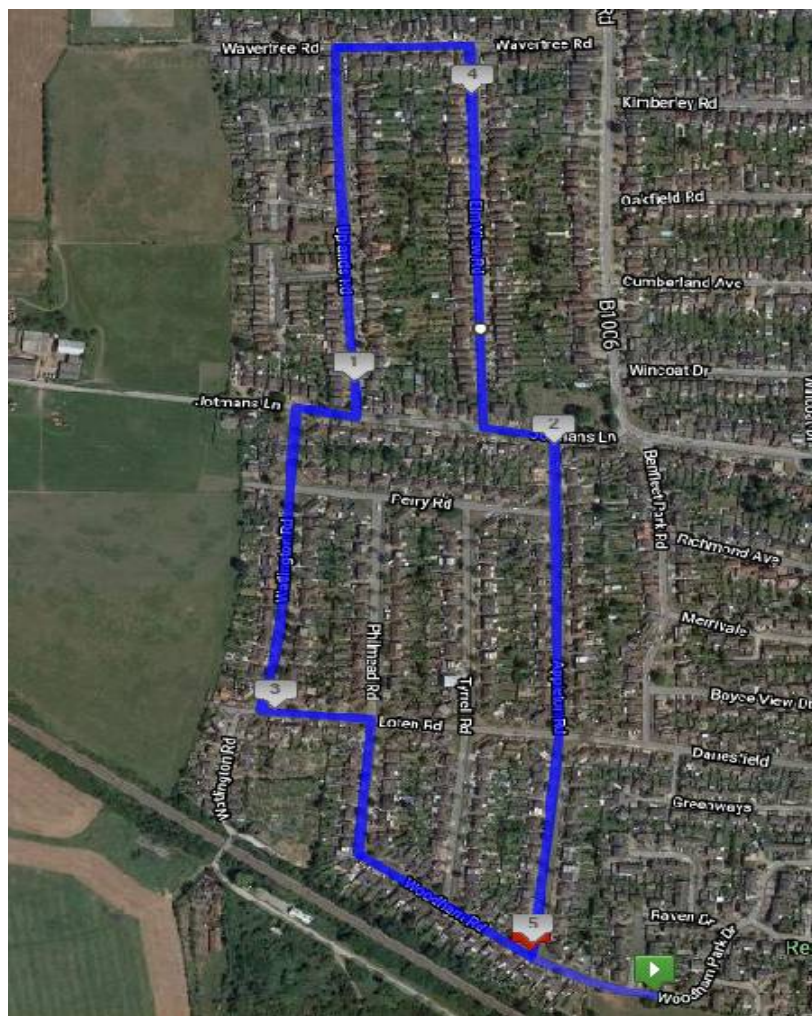


BENFLEET RUNNING CLUB

TRAINING AUGUST 2020

SATURDAY EFFORTS	1st	
TUESDAY EFFORTS	4th	<p>1, DUNCAN, GRAHAM, STEVE, TERRY AND NICK 1 mile warm up/ 6-8 400m Hill Efforts/ 1 mile cool down</p> <p>2, JAMES 3 x (2x600,3x400,4x200) with 200/200/400 recoveries</p> <p>3, IAN TBC</p> <p>4, BOBBY'S RUN</p>
THURSDAY RUN	6th	<p>Run from John Burrough's 6.2 miles Adjust route to suit</p> 
SATURDAY EFFORTS	8th	TBC
TUESDAY EFFORTS	11th	<p>1, DUNCAN, GRAHAM, STEVE, TERRY AND NICK Time Trial using road and off road routes staggered start, fastest group to go off first and self timed</p>

BENFLEET RUNNING CLUB TRAINING AUGUST 2020



2, JAMES

10 mins tempo, 7 x 300/300

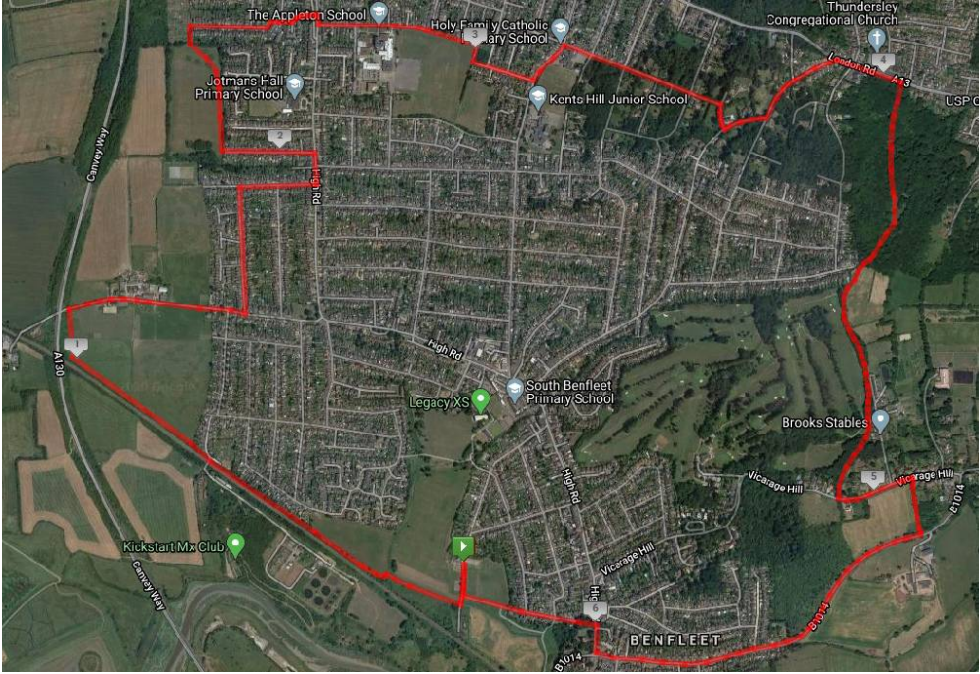
3, IAN

TBC

4, BOBBY'S RUN


BENFLEET RUNNING CLUB

TRAINING AUGUST 2020

THURSDAY RUN	13th	Badger Run 6.3 miles 
SATURDAY EFFORTS	15th	TBC
TUESDAY EFFORTS	18th	<p>1, DUNCAN, GRAHAM, STEVE, TERRY AND NICK 1 mile warm up/ Three 7 minute efforts with 3 minutes standing recovery/ 1 mile cool down</p> <p>2, JAMES 4 x 2.5k (700 recovery)</p> <p>3, IAN TBC</p> <p>4, BOBBY'S RUN</p>


BENFLEET RUNNING CLUB

TRAINING AUGUST 2020

<p>THURSDAY RUN</p>	<p>20th</p>	<p>Glady's Run 7 miles</p>  <p>Run from club, to Benfleet sea wall, past “Gladys” Run towards Leigh until 50 yds from halfway gate. Take footpath left and CAREFULLY cross railway line. Look ahead, just to your left, (10 o’clock) you will see gate and cattle grid at bottom of country park, run through gate. Run up zig zag path, climbing, at top continue for about 400yards on level gravel path until you come to a path junction. Go through kissing gate opposite and run down and over footbridge 50 yds past bridge take grass track right, climbing, after 150 yds you will join a gravel track, continue right on this track, climbing. (Park Run path) After about 200M there is a left fork on to a footpath, take this, go through gate. Continue straight on this path until Shipwrights Hill is on your left with grass path descending to it. Run down this path and up Shipwrights Hill. Continue on footpath to Benfleet Road. CAREFULLY cross Benfleet Road and run 150 yds up Shipwrights Drive. Take footpath on your left and enter The Glen. Follow the path round to the Underhill Road exit. Do not go on to road but keep left and take foot path up the side of the golf course to Vicarage Hill.</p>
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BENFLEET RUNNING CLUB

TRAINING AUGUST 2020

		<p>Turn left on to Vicarage Hill for 400yds, then take footpath/bridle path on right, down to Essex Way. At bottom of Essex Way cross road CAREFULLY and take footpath, run past “Dung” pile, go through gate and turn right up hill.</p> <p>On reaching upper gravel path turn right, run to School lane and back to club. 7 miles</p> <p>Shorter route possible by returning to club directly after leaving Down’s and reaching Benfleet road 5 miles</p>
SATURDAY EFFORTS	22nd	TBC
TUESDAY EFFORTS	25th	<p>1, DUNCAN, GRAHAM, STEVE, TERRY AND NICK 1 mile warm up/ 5 x 45 sec effort with 30 sec standing recovery/ 3 minute recovery/ 3 x 60 sec effort with 45 sec recovery/ 3 minute recovery/ final effort of coaches choice/ 1 mile cool down</p> <p>2, JAMES Hill session. TBC</p> <p>3, IAN TBC</p> <p>4, BOBBY’S RUN</p>
THURSDAY RUN	27th	<p>Round The Castle 7 miles</p>  <p>School Lane / lower gravel path/ past castle / up slope returning to castle /</p>

BENFLEET RUNNING CLUB
TRAINING AUGUST 2020

		<p>through castle / Castle Lane / Sea View Terrace / footpath to Mountain Bike Centre / back down Park Run Route / School Lane / Club.</p> <p>Shorter route possible by taking first steep track you come to at Castle.</p> <p>6 MILES</p> <p>If the light is failing when you reach the Mountain Bike Course return by road.</p> <p>Chapel Lane/ A13/ Benfleet Rd/ Essex Way/ Club</p>
SATURDAY EFFORTS	29th	TBC