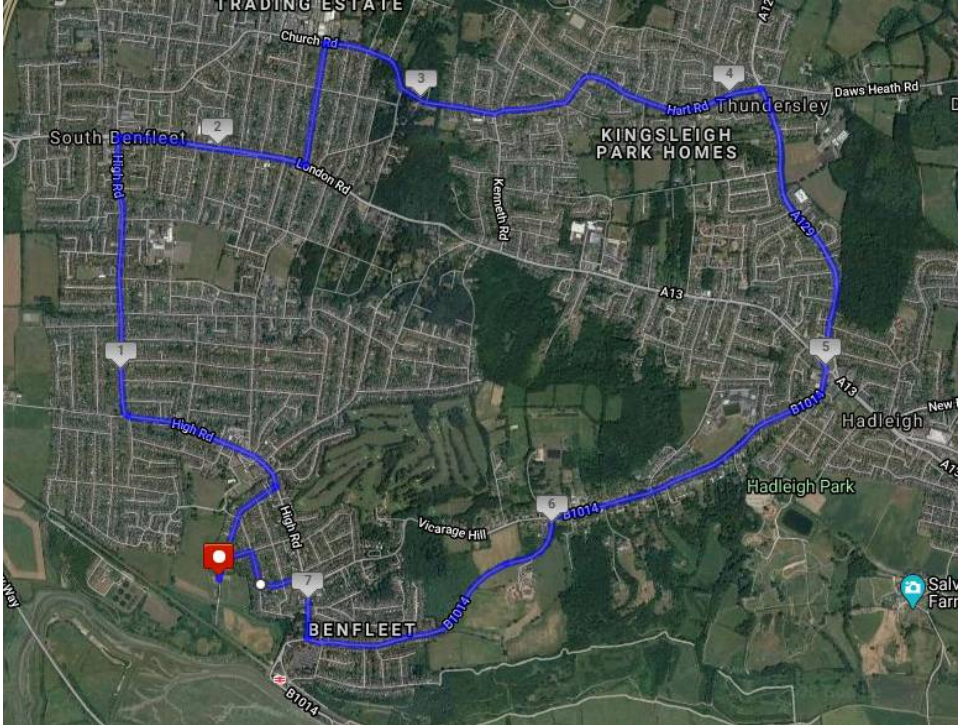
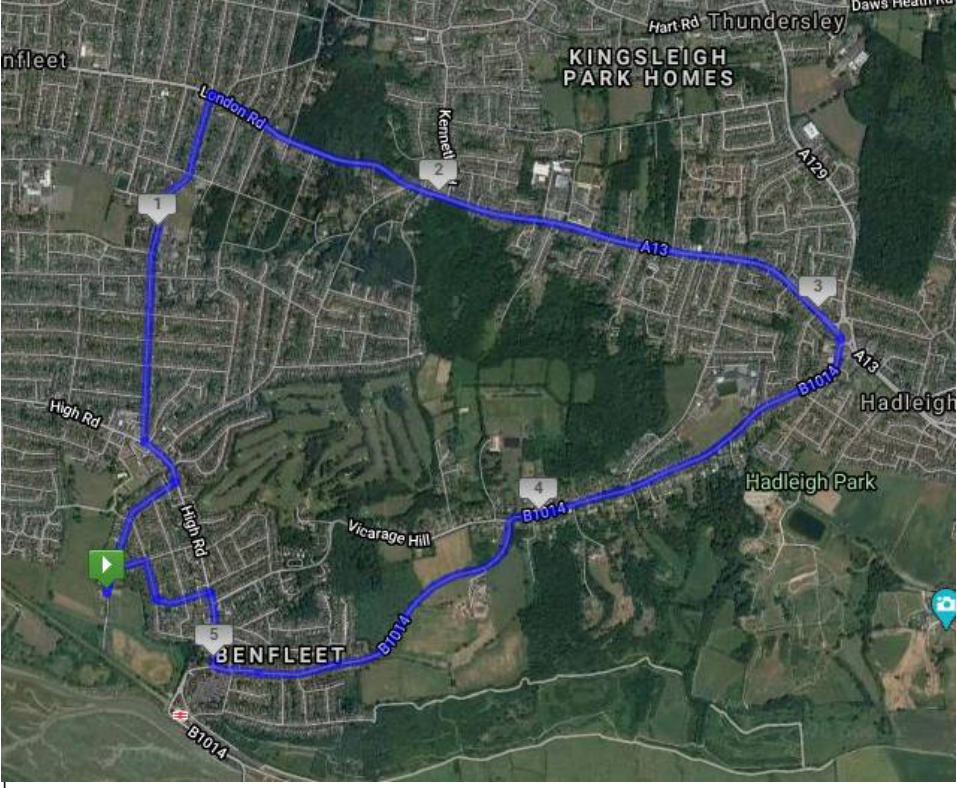


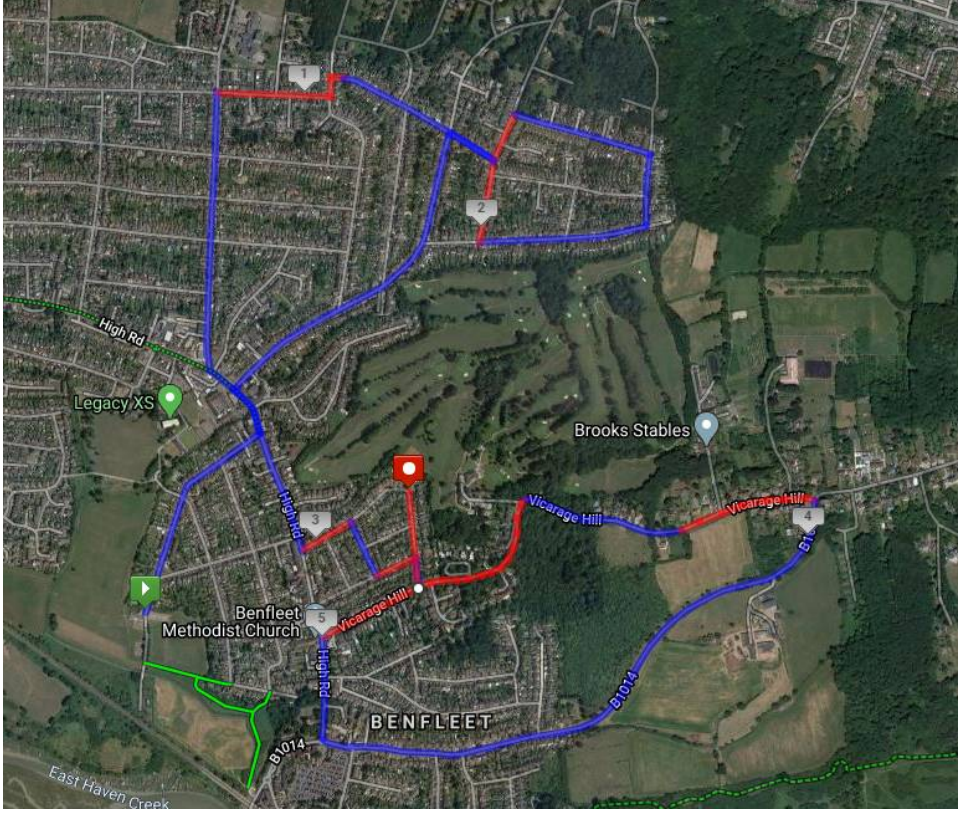
## Benfleet Running Club Training Plan September 2020

<p><b>TUESDAY EFFORTS</b></p>	<p><b>1st</b></p>	<p><b>1, DUNCAN, GRAHAM, TERRY, STEVE AND NICK</b> 7 x 2 min efforts with variable recovery</p> <p><b>2, JAMES</b> 4-6 x(4 x 400 Progressions)</p> <p><b>3, IAN</b> TBC</p> <p><b>4, BOBBY’S RUN</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>3rd</b></p>	<p><b>BROOK RD/HIGH RD/TARPOTS/LONDON RD/KENTS HILL NORTH/CHURCH RD/HART RD/RAYLEIGH RD/VICHOUSE/BENFLEET RD/ESSEX WAY/FLEET ROAD/BROOK RD</b></p> <p><b>7.4miles</b></p> 

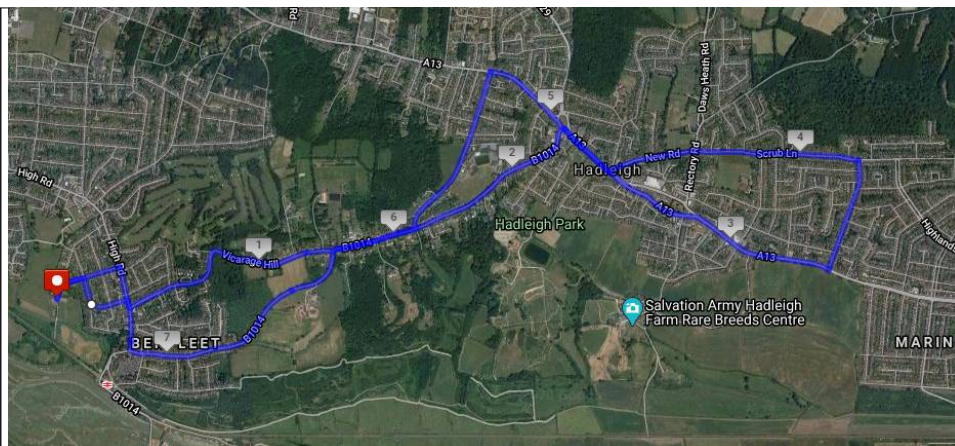
# Benfleet Running Club Training Plan September 2020

		<p><b>SHORTER ROUTE 5.2 MILES</b>  <b>BROOK RD/KENTS HILL SOUTH/BREAD AND CHEESE/KILN RD/SHIPWRIGHTS DR/BENFLEET RD/ESSEX WAY/CLUB</b></p> 
<p><b>SATURDAY EFFORTS</b></p>	<p><b>5th</b></p>	<p><b>TBC</b></p>
<p><b>TUESDAY EFFORTS</b></p>	<p><b>8th</b></p>	<p><b>1, DUNCAN, GRAHAM, TERRY, STEVE AND NICK</b>  <b>BALL BREAKER 5.2 MILES</b>          Efforts on every hill/ regroup/ jog recovery/ running in waves as required</p>

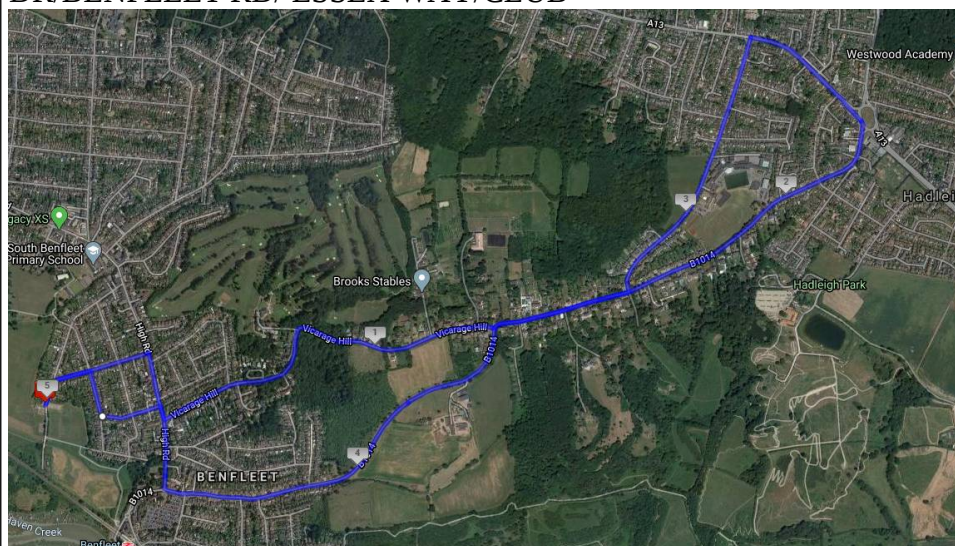
**Benfleet Running Club  
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September 2020**

		 <p><b>2, JAMES</b> 5 x 1 Mile (400M jog)</p> <p><b>3, IAN</b> TBC</p> <p><b>4, BOBBY'S RUN</b></p>
<b>THURSDAY RUN</b>	<b>10th</b>	VICARAGE HILL/BENFLEET RD/LONDON RD/WOODFIELD/RD/SCRUB LANE/NEW RD/KILNROAD/SHIPWRIGHTS DRIVE/BENFLEET ROAD/ESSEX WAY/CLUB. <b>7.9 MILES</b>

# Benfleet Running Club Training Plan September 2020



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



**SATURDAY EFFORTS**

**12th**

**TBC**

**TUESDAY EFFORTS**

**15th**

**1, DUNCAN, GRAHAM, TERRY, STEVE AND NICK**  
600M/800M/1000M/800M/600M Pyramid Efforts with 2-3 min recovery

**2, JAMES**  
3 x 2K/ 1K easy  
Depending on light/start time, maybe on road

**3, IAN**  
TBC

**4, BOBBY'S RUN**

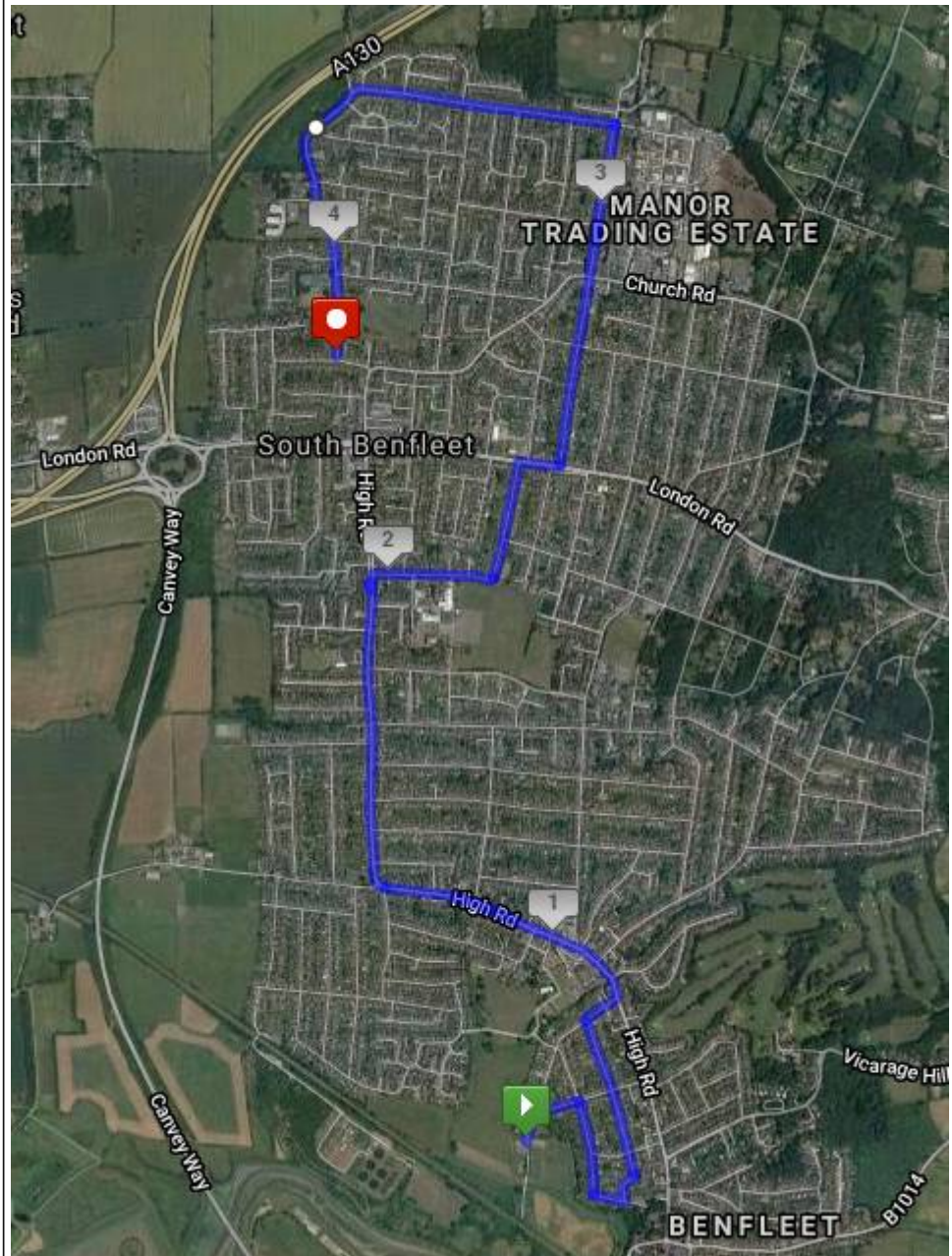
**Benfleet Running Club  
Training Plan  
September 2020**

**THURSDAY  
RUN**

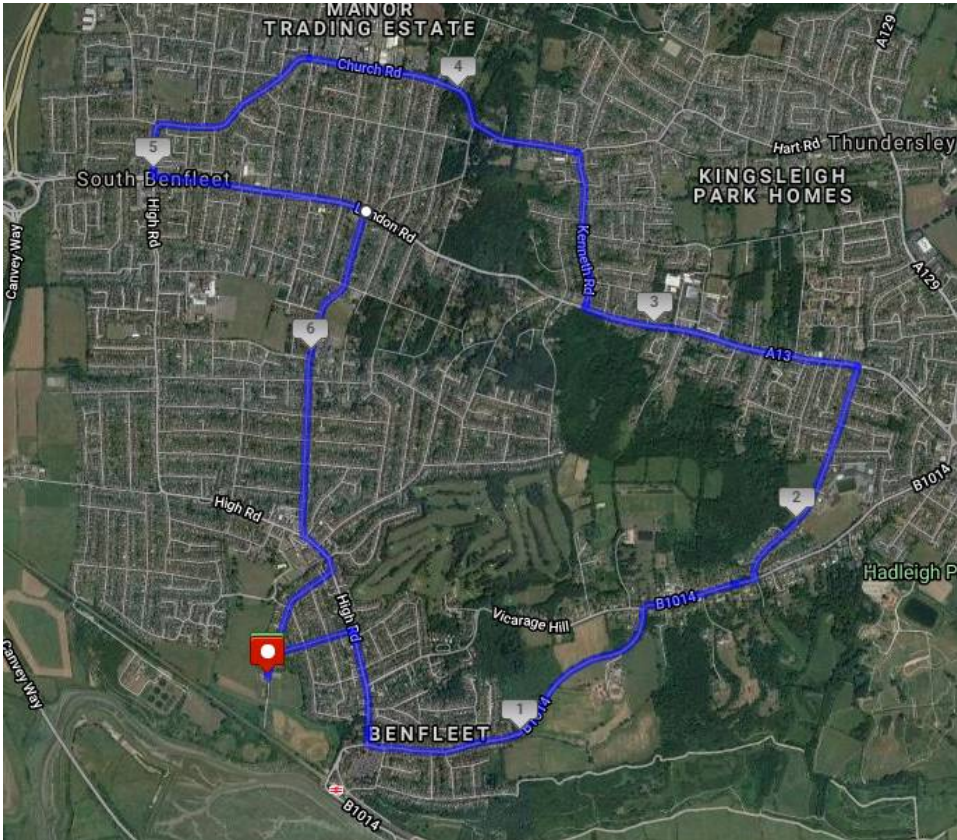
17th

**25 MINS OUT AND THEN BACK**

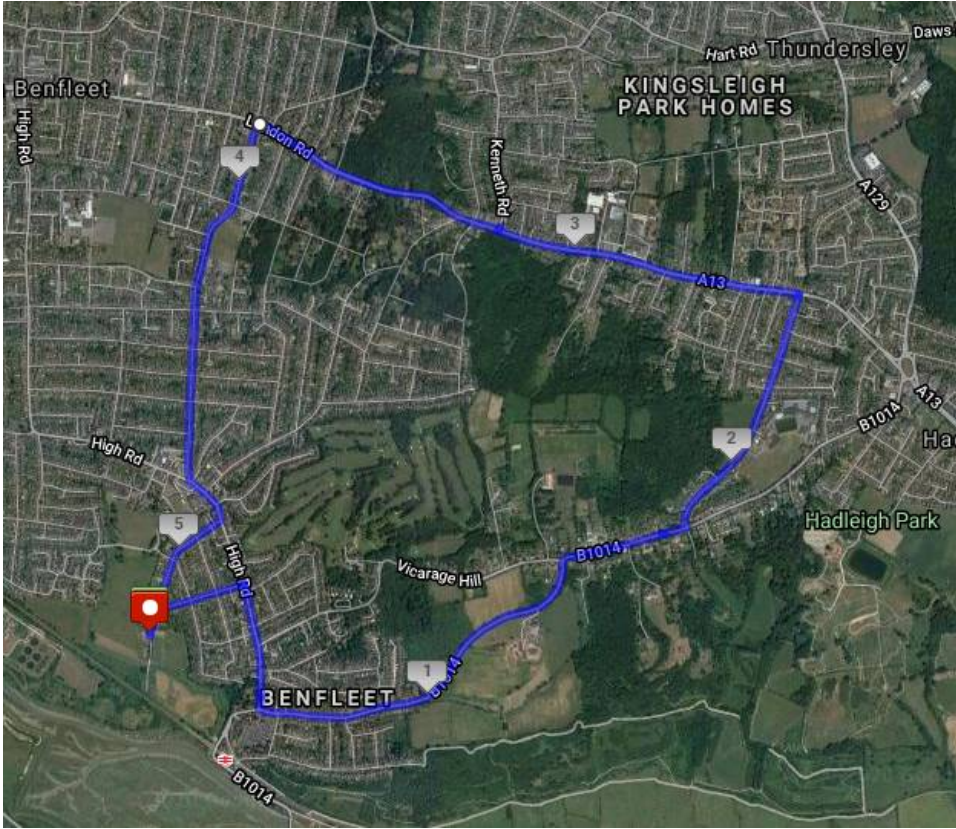
BROOK RD/HOPE RD/FLEET RD/HALL FARM RD/BROOK RD/HIGH RD/CROFT RD/NEW PARK ROAD/CAREFULLY CROSS A13/MANOR RD/WOODSIDE AVE/RUSHBOTTOM LANE/CHURCH RD/GOOD LUCK TO YOU IF YOU GET ANY FURTHER



## Benfleet Running Club Training Plan September 2020

SATURDAY EFFORTS	19th	TBC
TUESDAY EFFORTS	22nd	<p><b>1, DUNCAN, GRAHAM, TERRY, STEVE AND NICK</b> 400M Hill Efforts using Greenwood Ave/Grosvenor Rd/Hillside and Kings Road</p> <p><b>2, JAMES</b> Fernlea hill fartlek</p> <p><b>3, Ian</b> TBC</p> <p><b>4, BOBBY'S RUN</b></p>
THURSDAY RUN	24th	<p>HOPE RD/HIGH RD/ESSEX WAY/SHIPWRIGHTS DR/KILN RD/KENNETH RD/CHURCH ROAD/TARPOTS/KENTS HILL SOUTH/BROOK RD. <b>7 MILES</b></p> 

## Benfleet Running Club Training Plan September 2020

		<p><b>SHORTER ROUTE 5.2 MILES</b> HOPE RD/HIGH RD/ESSEX WAY/SHIPWRIGHTS DR/KILN RD/BREAD AND CHEESE/KENTS HILL SOUTH/BROOK ROAD</p> 
<b>SATURDAY</b>	<b>26th</b>	TBC
<b>TUESDAY EFFORTS</b>	<b>29th</b>	<p><b>1, DUNCAN, GRAHAM, TERRY, STEVE AND NICK</b> 1 mile warm up/ 5-6 1k loops using Hill Rd/ Fernlea circuit/ 1 mile cool down.</p> <p><b>2, JAMES</b> 10 x 2 mins Fleet Rd</p> <p><b>3, Ian</b> TBC</p> <p><b>4, BOBBY'S RUN</b></p>