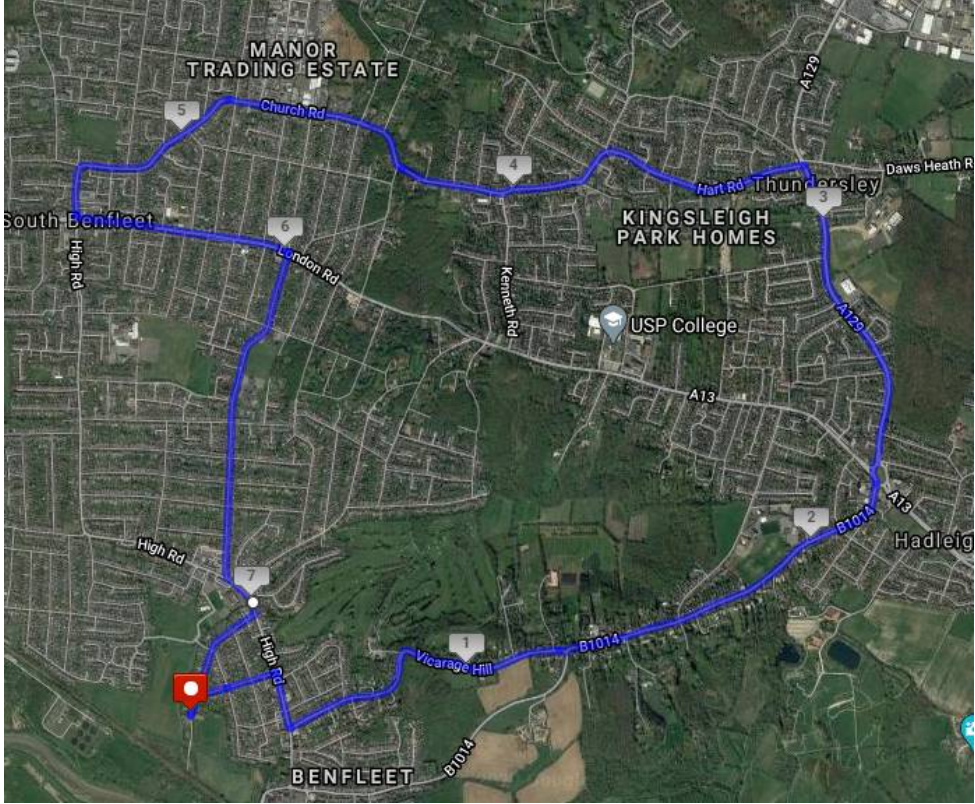


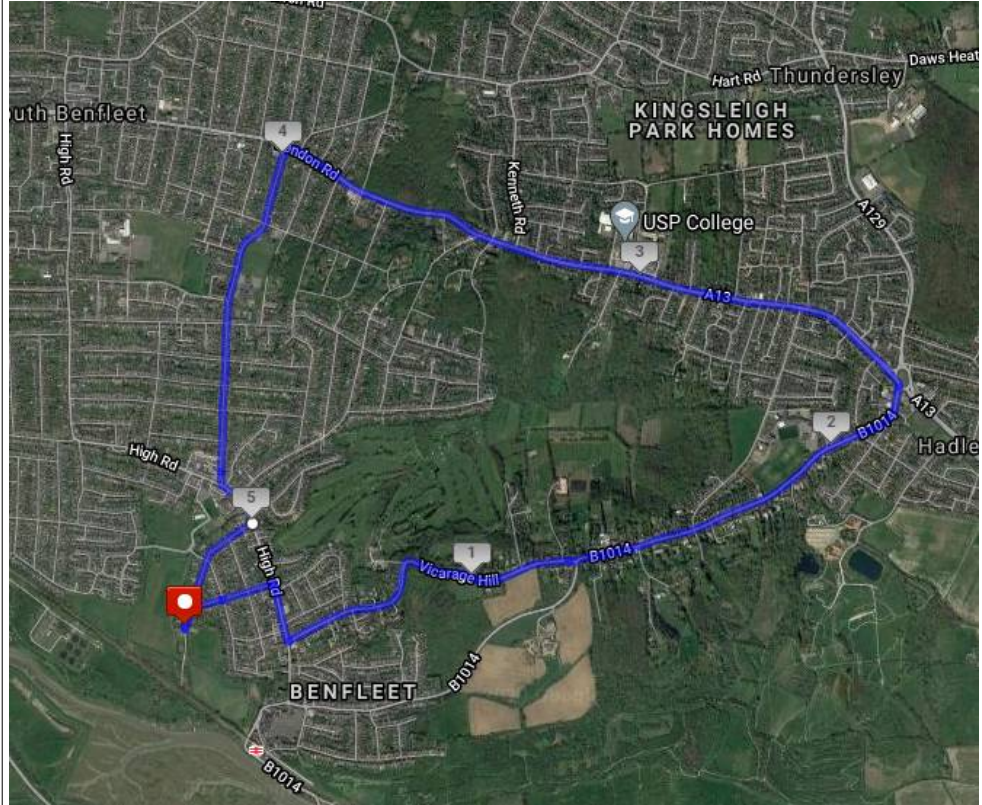
BENFLEET RUNNING CLUB TRAINING DECEMBER 2020

<p>TUESDAY EFFORTS</p>	<p>1st</p>	<p>DUNCAN, TERRY, GRAHAM, STEVE AND NICK 1 mile warm up/ using a suitable hill 30/60/90/120 second efforts with 60/120/180/240 jog back to start point/ 4 min standing recovery then repeat/ 1 mile cool down</p> <p>JAMES 6 x 4 mins on, 2 mins off. Target 10K pace on efforts</p> <p>IAN TBC</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>3rd</p>	<p>HOPE RD/ HIGH RD/VICARAGE HILL/ BENFLEET RD/RAYLEIGH RD/HART RD/CHURCH RD/TARPOTS/A13/KENTS HILL RD/HIGH RD/BROOK RD. 7.35 MILES</p> 

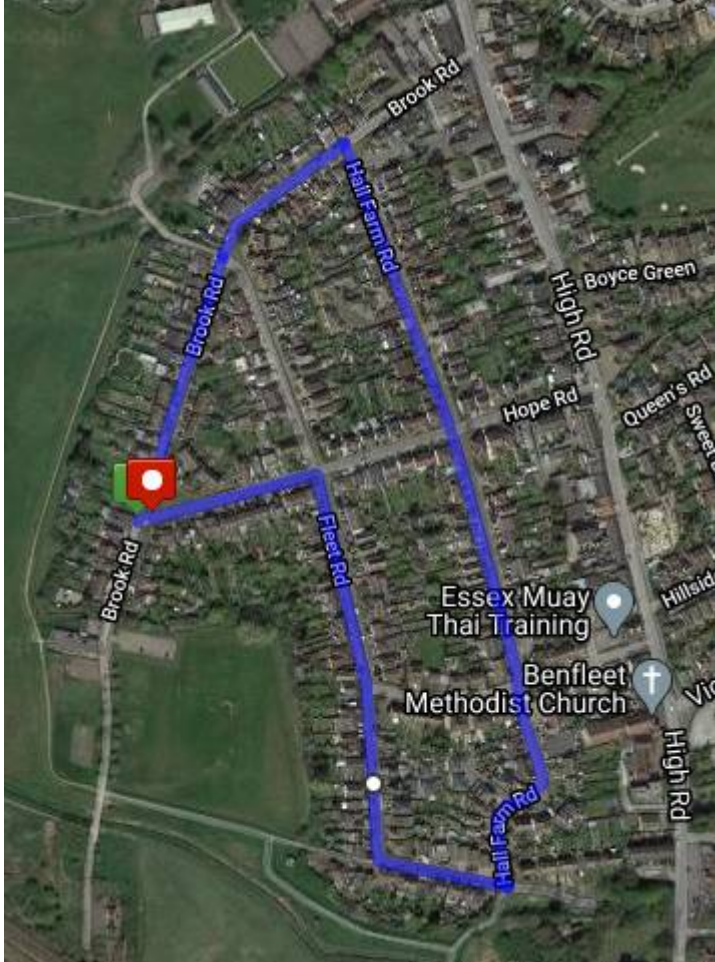
**BENFLEET RUNNING CLUB
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SHORTER ROUTE 5.3 MILES

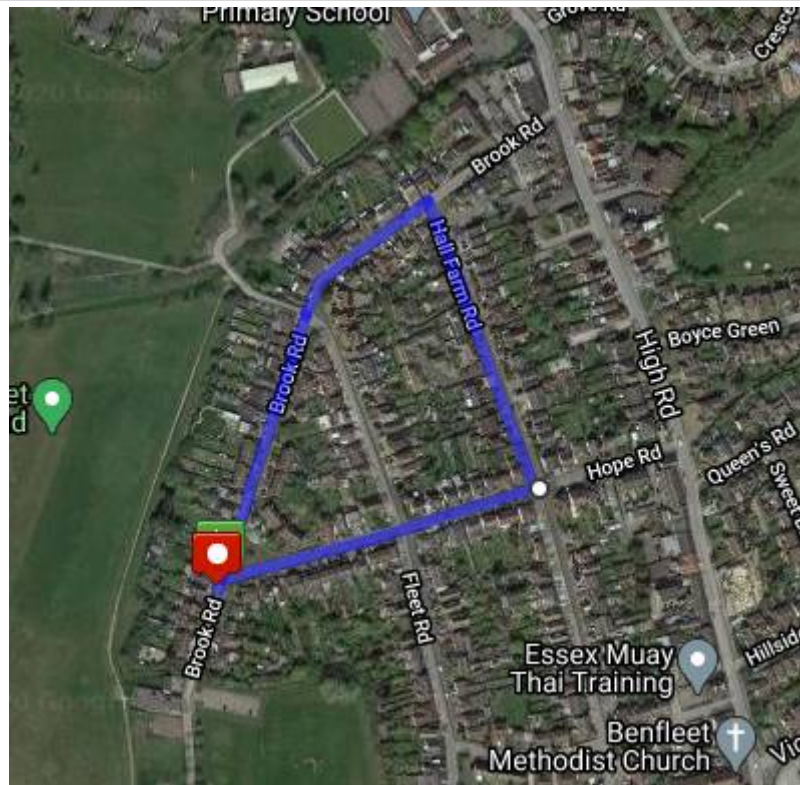
HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/BREAD
AND CHEESE/KENTS HILL RD/HIGH RD/ BROOK RD



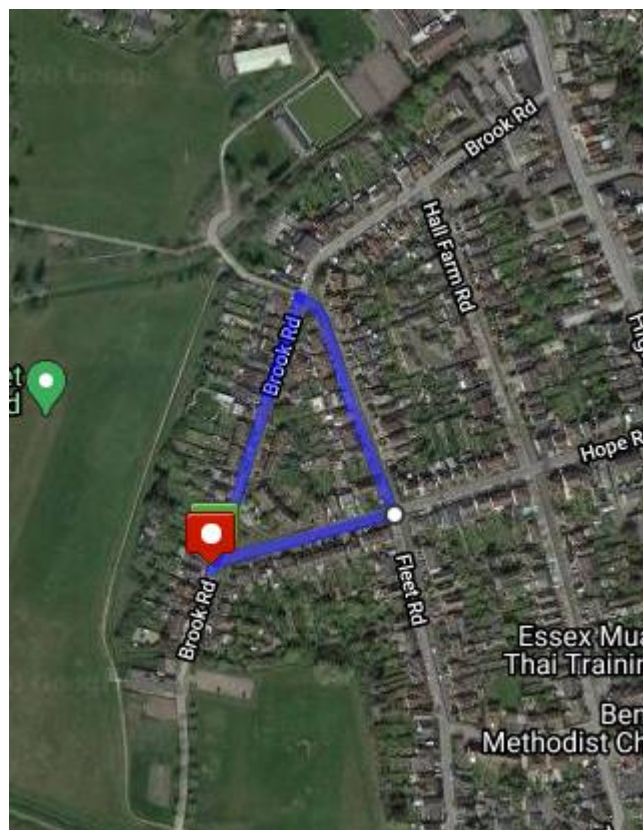
BENFLEET RUNNING CLUB TRAINING DECEMBER 2020

<p>SATURDAY EFFORTS</p>	<p>5th</p>	<p>TBC</p>
<p>TUESDAY EFFORTS</p>	<p>8th</p>	<p>DUNCAN, TERRY, GRAHAM, STEVE AND NICK BIRD ESTATE 1 mile warm up. 1000m/800m/600m/1000m/800m/600m efforts with 3 min/2.30 min/2 min/3 min/2.30 min recoveries. 1 mile cool down. Or, CLUB LOOP 1 mile warm up. 1500M/800M/500M/1500M/800M/500M efforts with 3 min/2.30 min/2 min/3 min/2.30 min recoveries. 1 mile cool down.</p> <div style="text-align: center;">  </div> <p style="text-align: center;">1500M CLUB LOOP</p>

BENFLEET RUNNING CLUB TRAINING DECEMBER 2020

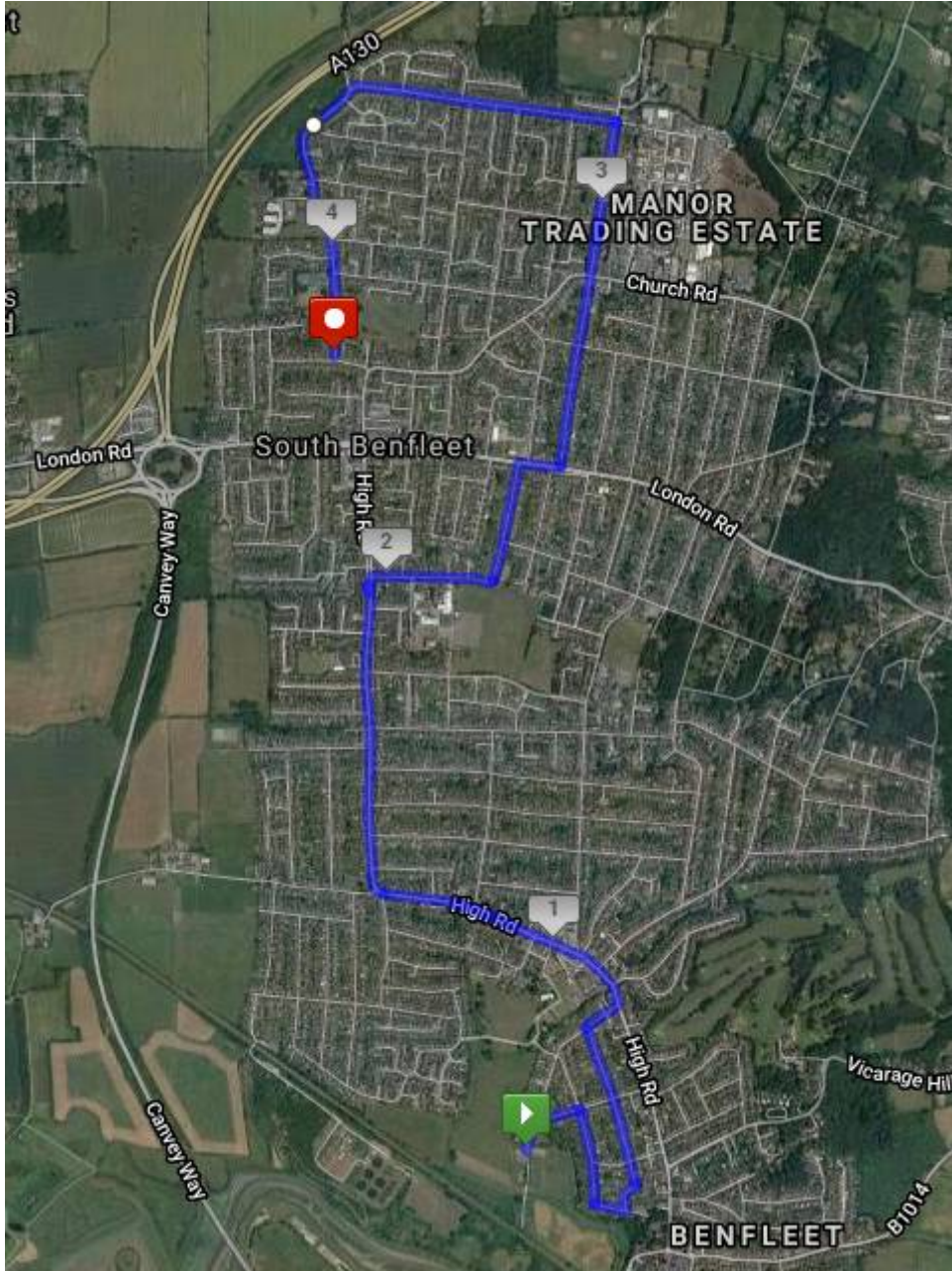


800M CLUB LOOP

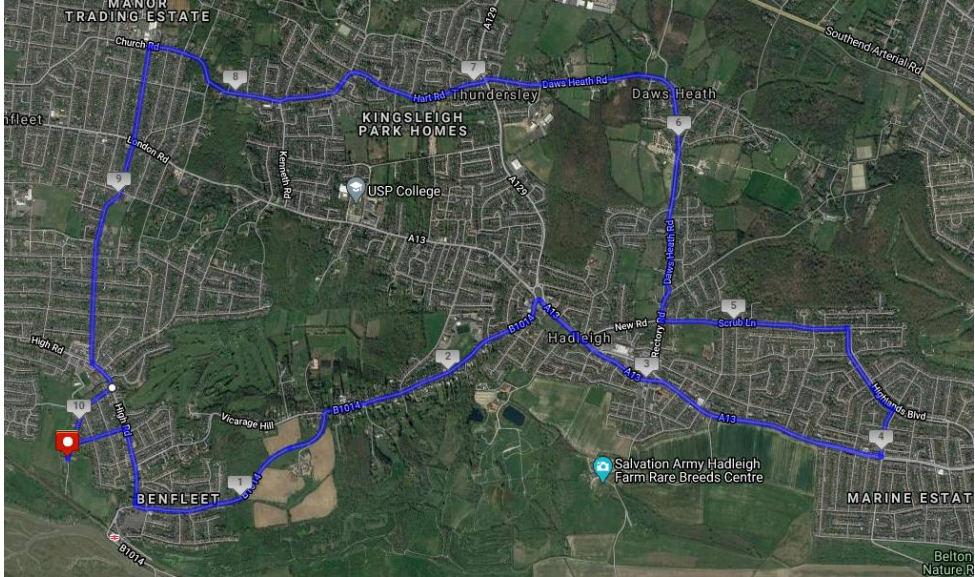


500M CLUB LOOP

BENFLEET RUNNING CLUB TRAINING DECEMBER 2020

		<p>JAMES 10M steady tempo</p> <p>IAN TBC</p> <p>BOBBY</p>
THURSDAY RUN	10th	<p>25 MINUTES OUT AND BACK BROOK RD/HOPE RD/FLEET RD/HALL FARM RD/BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL NORTH/CHURCH RD/MANOR RD/WOODSIDE AVE/RUSH BOTTOM LANE</p> 

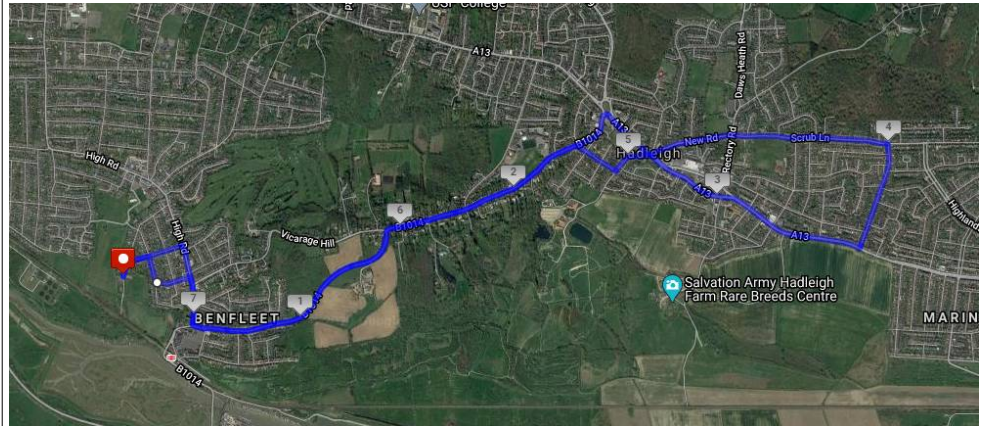
BENFLEET RUNNING CLUB TRAINING DECEMBER 2020

SATURDAY	12th	TBC
TUESDAY EFFORTS	15th	<p>DUNCAN, TERRY, GRAHAM, STEVE AND NICK Duncan’s “Happy Hour” 10 minute warm up. 40 minutes continuous running using either Essex Way- Vicarage Hill loop or Bread and Cheese – Church Road Loop. 10 minute cool down.</p> <p>JAMES 18 x 25s hills with 60s recovery then 10 minute tempo</p> <p>IAN TBC</p> <p>BOBBY</p>
THURSDAY RUN	17th	<p>LONG ROUTE 10.1 MILES. HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13 SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/DAWS HEATH RD/HART RD/CHURCH RD/KENTS HILL NORTH/KENTS HILL/HIGH RD/BROOK RD.</p> 

BENFLEET RUNNING CLUB TRAINING DECEMBER 2020

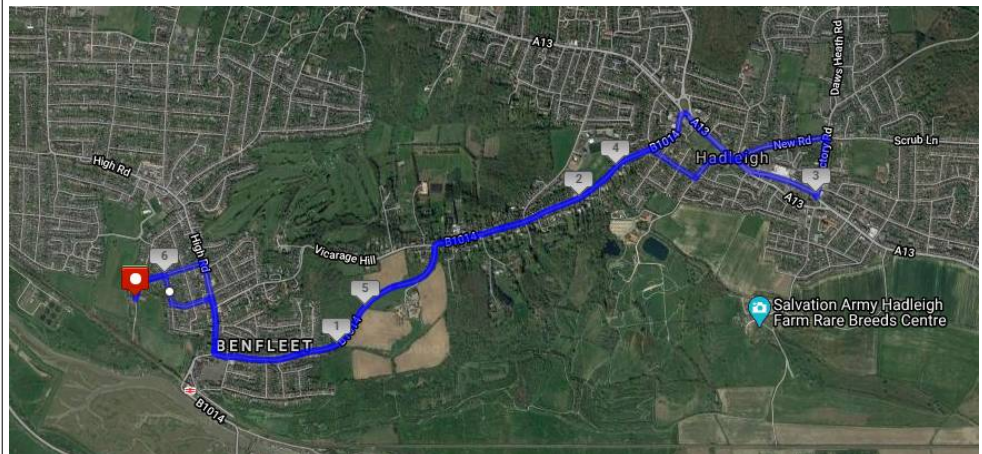
MEDIUM ROUTE 7.5 MILES

HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13
SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/NEW
RD/CHAPEL LANE/ST JOHNS RD//BENFLEET RD/ESSEX
WAY/HIGH RD/HALL FARM RD/FLEET RD/CLUB



SHORT ROUTE 6.1 MILES.

HOPE RD/HIGH RD/ ESSEX WAY/ BENFLEET RD/A13/RECTORY
RD NEW RD/ST JOHNS RD/CHAPEL
LANE/A13/SHIPWRIGHTS/BENFLEET RD/ESSEX WAY/HIGH
RD/HALL FARM RD/FLEET RD/CLUB

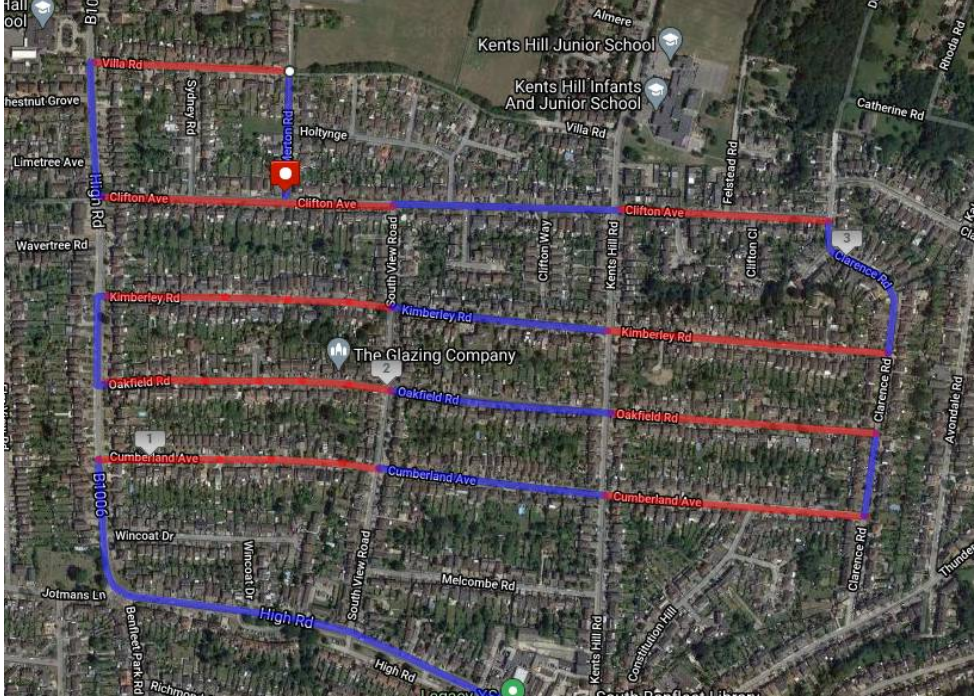


**SATURDAY
EFFORTS**

19th

TBC

BENFLEET RUNNING CLUB TRAINING DECEMBER 2020

<p>TUESDAY EFFORTS</p>	<p>22nd</p>	<p>DUNCAN, TERRY, GRAHAM, STEVE AND NICK ZIG-ZAGS Staggered starts with fastest off first</p>  <p>JAMES ZIG-ZAGS</p> <p>IAN</p> <p>BOBBY</p>
<p>THURSDAY</p>	<p>24th</p>	<p>CLUB CLOSED</p>
<p>SATURDAY EFFORTS</p>	<p>26th</p>	<p>TBC</p>
<p>TUESDAY EFFORTS</p>	<p>29th</p>	<p>DUNCAN, TERRY, GRAHAM, STEVE AND NICK 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 and Hill Rd/Fernleigh loop</p> <p>JAMES 2 X 4/3/2/1 mins with ½ recoveries. Paces get quicker each rep.</p> <p>IAN TBC BOBBY</p>

**BENFLEET RUNNING CLUB
TRAINING DECEMBER 2020**

THURSDAY	31st	CLUB CLOSED
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