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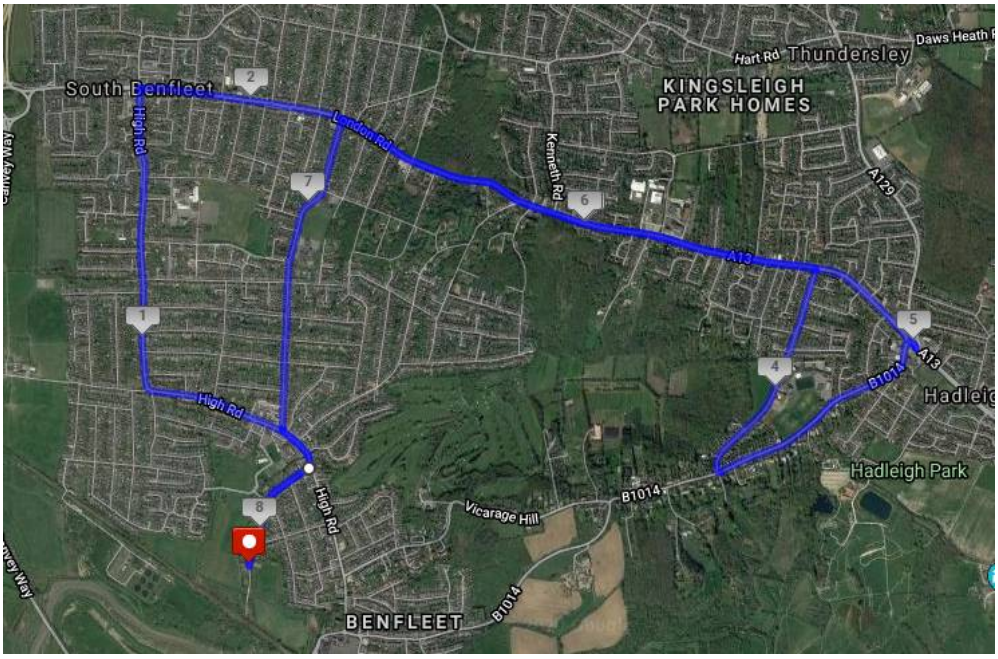
TUESDAY EFFORTS	**3rd**	**STEVE, TERRY, DUNCAN, GRAHAM AND NICK** 1 mile warm up/ 7 x 2 min efforts with diminishing recoveries (90/60/30/90/60/30 secs) / 1 mile cool down Using club loop and Bird Estate. **JAMES** 4 or 5 x 5:30 mins with 120, 100, 80, 60s recoveries. **IAN** TBC **BOBBY**
THURSDAY RUN	**5th**	BROOK RD/HIGH RD/TARPOTS/BREAD AND CHEESE HILL/SHIPWRIGHTS DR/BENFLEET RD/KILN RD BREAD ANDCHEESE HILL/KENTS HILL RD/CLUB **8 MILES**  **SHORTER ROUTE 6.1 MILES** BROOK RD/HIGH RD/TARPOTS/BREAD AND CHEESE HILL/SHIPWRIGHTS DRIVE /BENFLEET RD/ESSEX WAY/CLUB

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		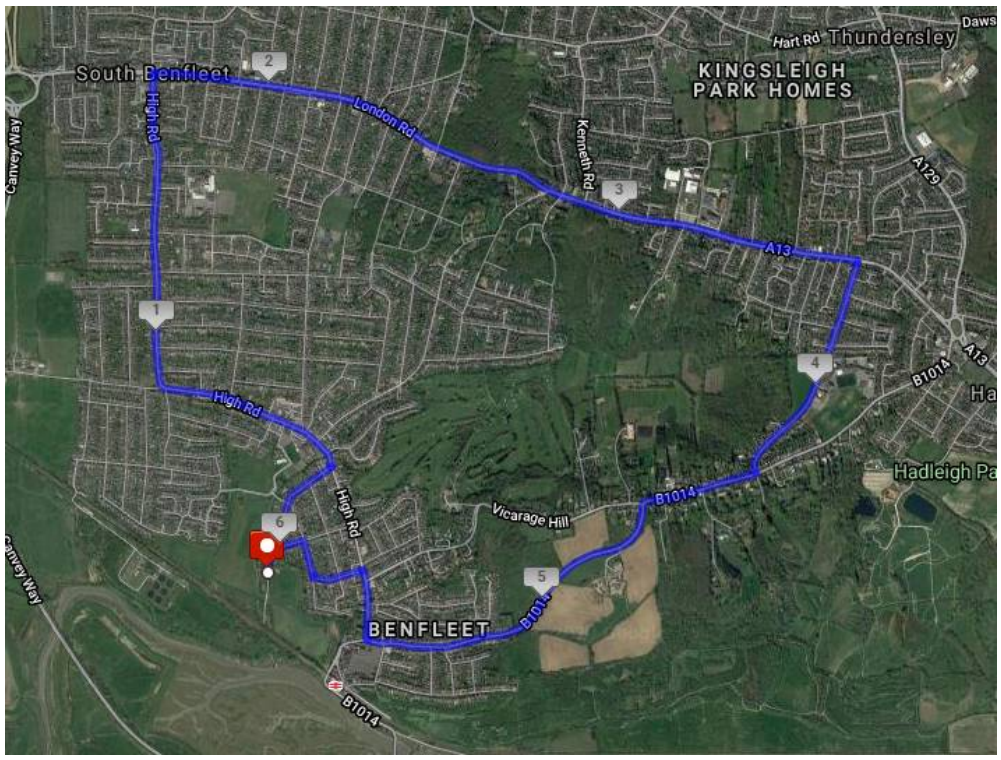
SATURDAY EFFORTS	**7th**	**TBC**
TUESDAY EFFORTS	**10th**	**STEVE, TERRY, DUNCAN, GRAHAM AND NICK** HILL CIRCUITS – GREENWOOD AVE/SIDWELL AVE, GROSVENOR Rd, QUEENS RD 1 mile warm up/ 6-8 400M efforts with 400M recovery/ 1 mile cool down **JAMES** King of the Hill - Vic Hill / Kings Rd. 3 short / 2 long efforts **IAN** TBC **BOBBY**

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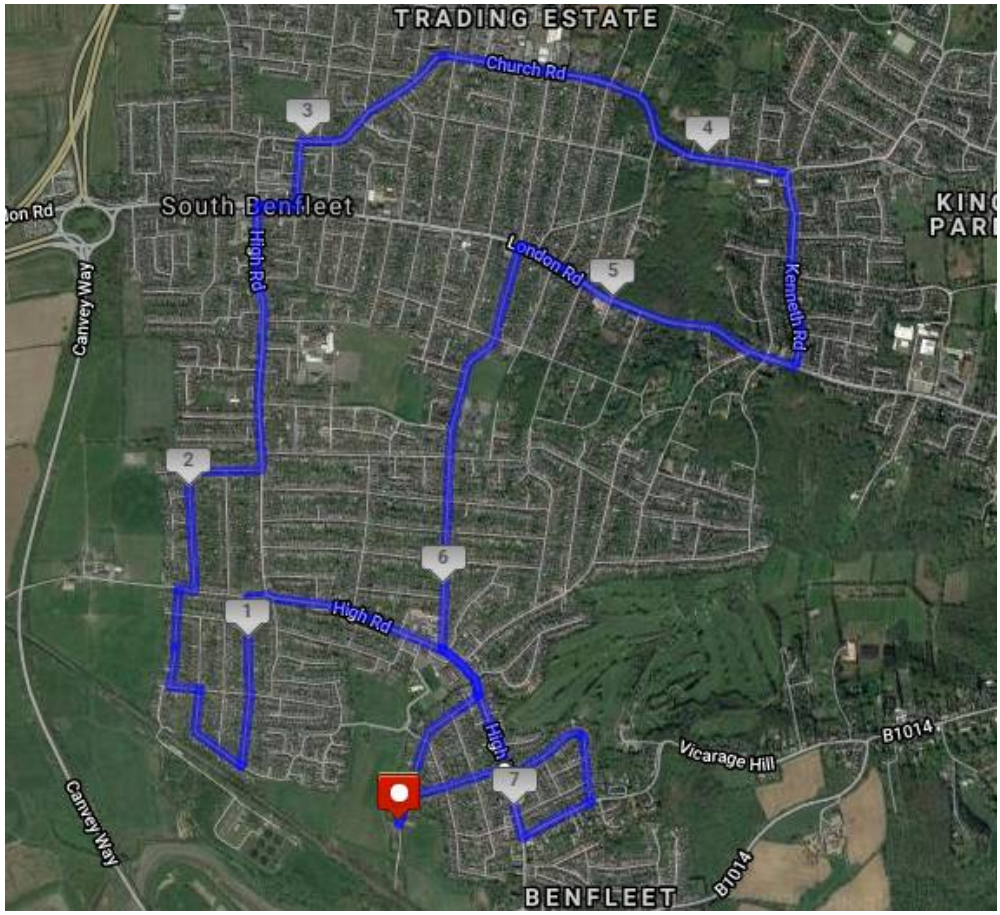
THURSDAY RUN	**12th**	BROOK RD/HIGH RD/JOTMANS LN/APPLETON RD/WOODHAM RD/PHILMEAD RD/LOTEN RD/WATLINGTONRD/UPLANDS RD/HIGH RD/CHURCH RD/KENNETH RD/BREAD AND CHEESE/KENTS HILL RD/HIGH RD/QUEENS RD/KINGS RD/VICARAGE HILL/GREEN RD/HOPE RD/CLUB **7.4 MILES**  **SHORTER ROUTE 5.3 MILES** BROOK RD/HIGH RD/JOTMANS LN/APPLETON RD/WOODHAM RD/PHILMEAD RD/LOTEN RD/WATLINGTON RD/UPLANDS RD/HIGH RD/CHURCH RD/KENTS HILL NORTH/KENTS HILL/BROOK RD

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		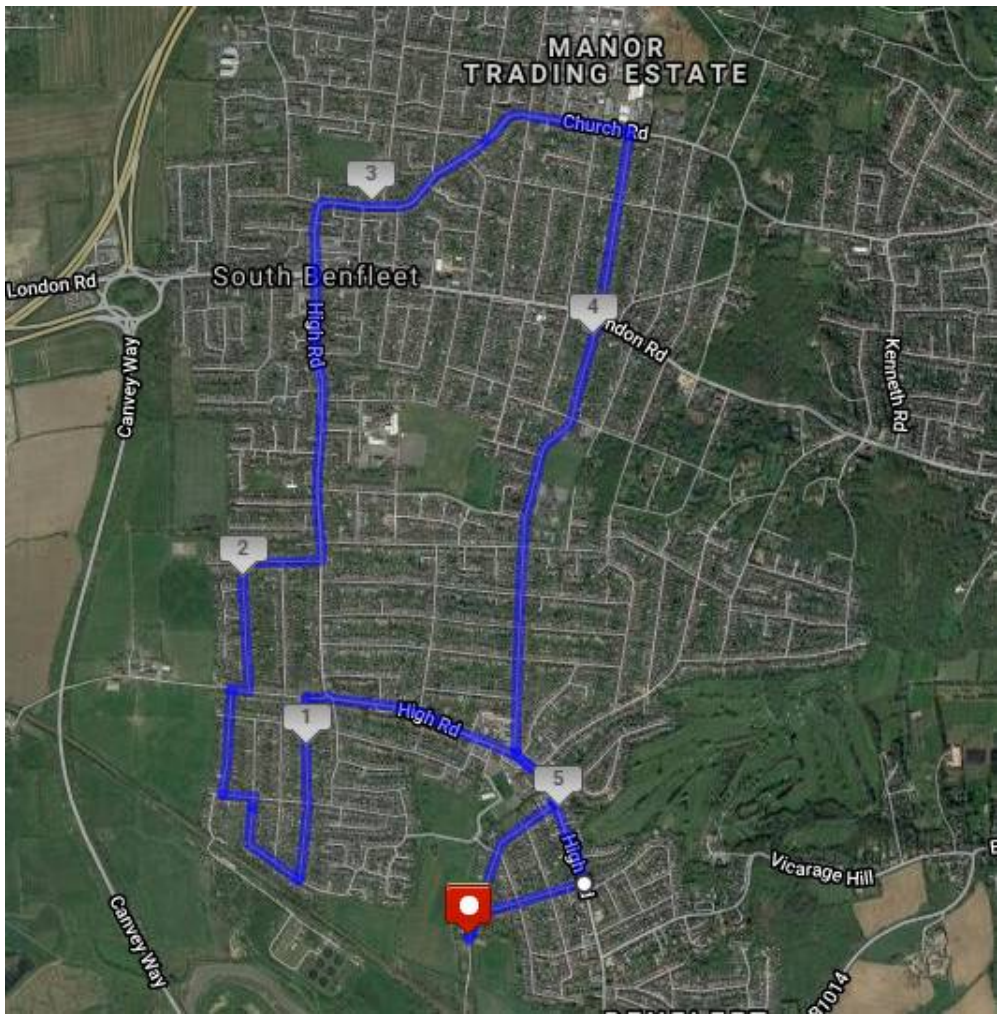
SATURDAY EFFORTS	**14th**	**TBC**
TUESDAY EFFORTS	**17th**	**STEVE, TERRY, DUNCAN, GRAHAM AND NICK** CLUB 1 MILE LOOP AND BIRD ESTATE 1 mile warm up/ 2//4/6//4/2/4/6min efforts with 1/2/3/2/1/2/3 recovery/ 1 mile cool down **JAMES** Bird estate. 3 x 3 mins, 6 mins (3 out 3 back) **IAN** TBC **BOBBY**

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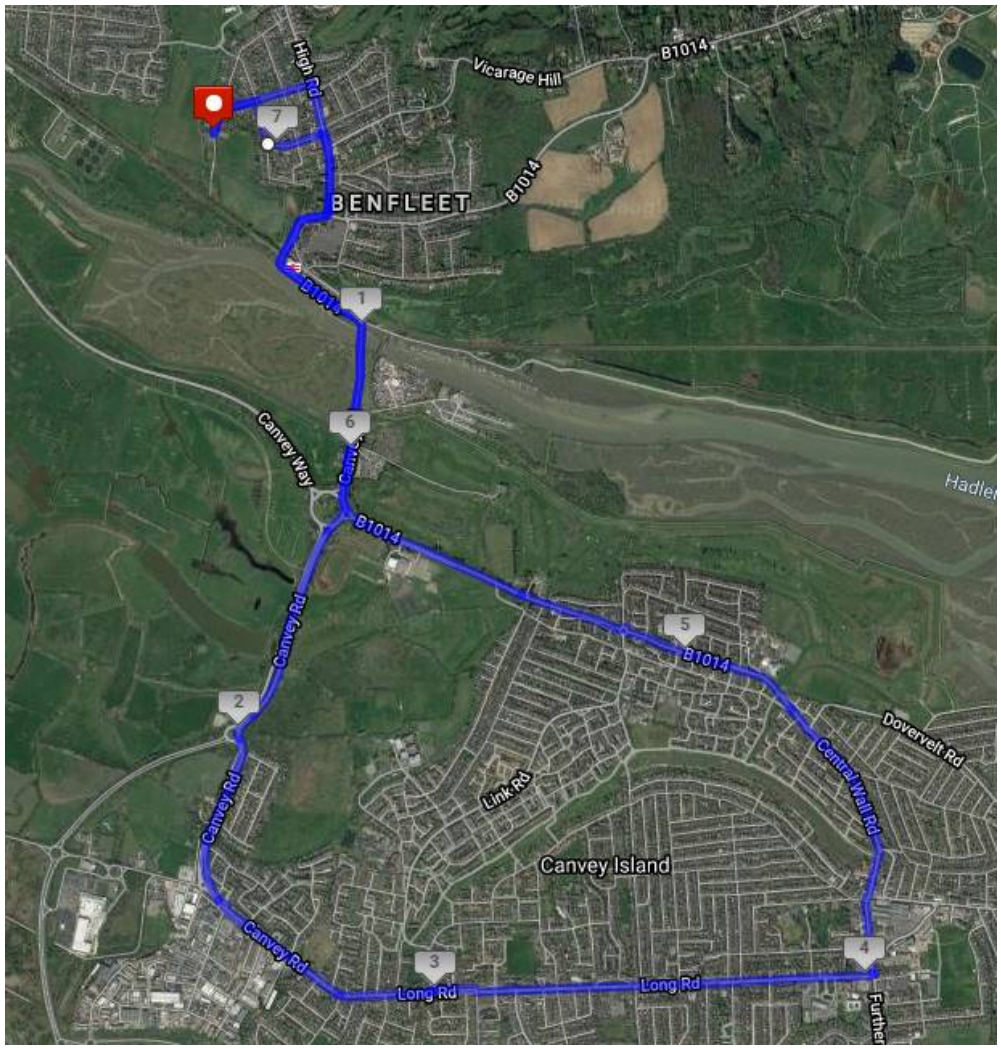
THURSDAY RUN	**19th**	HOPE RD/HIGH RD/CANVEY RD/LONG RD/CENTRAL WALL RD/SOMNES AVE/CANVEY RD/HIGH RD/GREEN RD/FLEET RD/CLUB **7.2 MILES**  **SHORTER ROUTE 6.1 MILES** HOPE RD/HIGH RD/CANVEY RD/LONG RD/NEW ROAD/LINK RD/SOMNES AVE/CANVEY RD/HIGH RD/GREEN RD/FLEET RD/CLUB

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		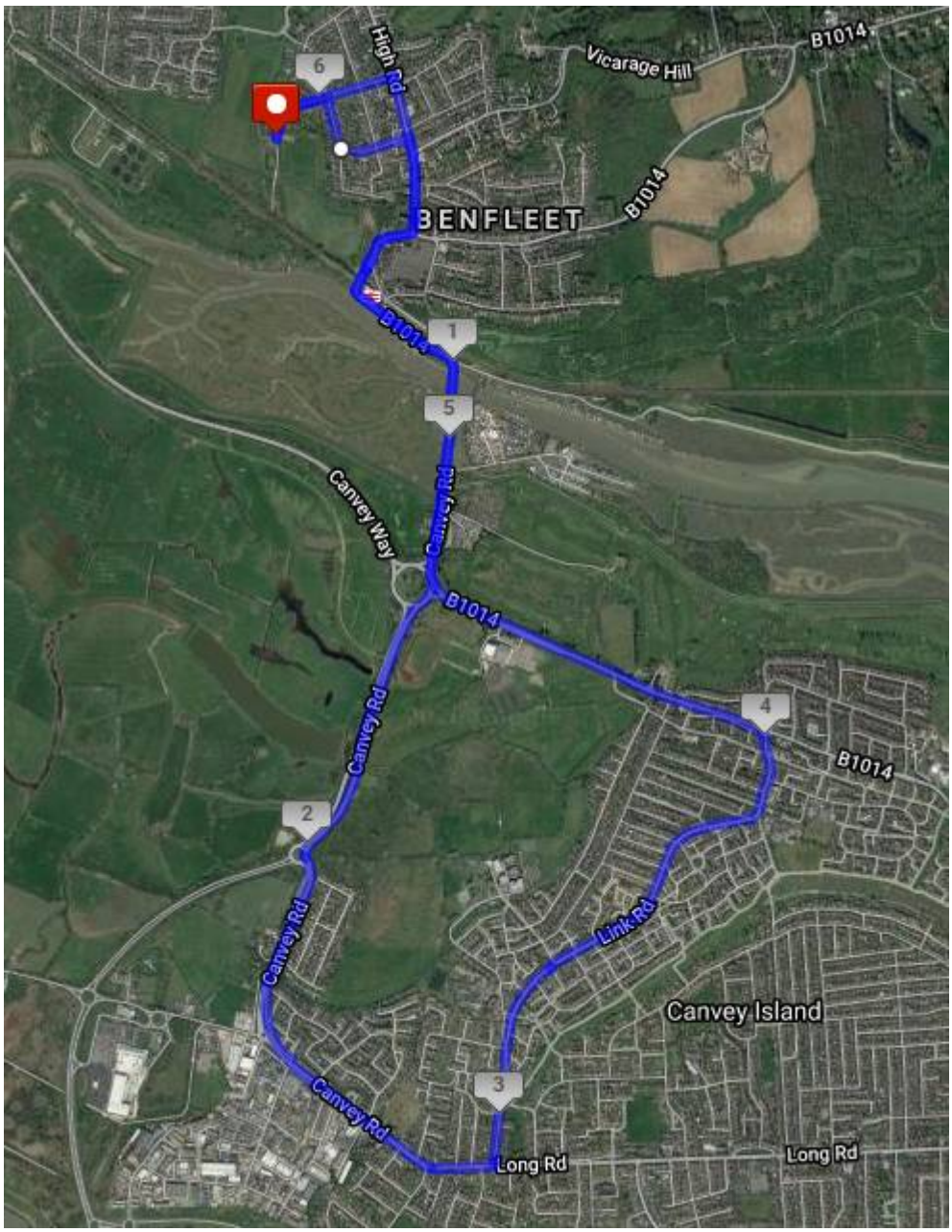
SATURDAY EFFORTS	**21st**	**TBC**
TUESDAY EFFORTS	**24th**	**STEVE, TERRY, DUNCAN, GRAHAM AND NICK** 1 mile warm up/ 3 small and 2 large figure of 8 circuits with 2 and 3 min recoveries/ 1 mile cool down

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		 and 1 mile warm up 5 x Hill Rd/ Fernlea circuits 2.30 min recovery/ 1 mile cool down. **JAMES** Kenyan hills. 3 x 10 mins of 1 up 1 down OR 5K TT **IAN** TBC **BOBBY**
THURSDAY RUN	**26th**	**BALL BREAKER 5.1 MILES** BROOK RD/HIGH /RD/KENTS HILL RD/CLIFTON AVE/CLARENCE RD NORTH/HILL RD/SOUTHWELL/MOUNT RD/UNDERHILL RD/ HILL RD/CLARENCE RD NORTH/THUNDERSLEY PARK RD/ HIGH ROADQUEENS RD/ALEXANDRA RD/HILLSIDE RD/KNIGS RD/VICARAGE HILL/ESSEX WAY/VICARAGE HILL/ KINGS RD/ BACK TO CLUB

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		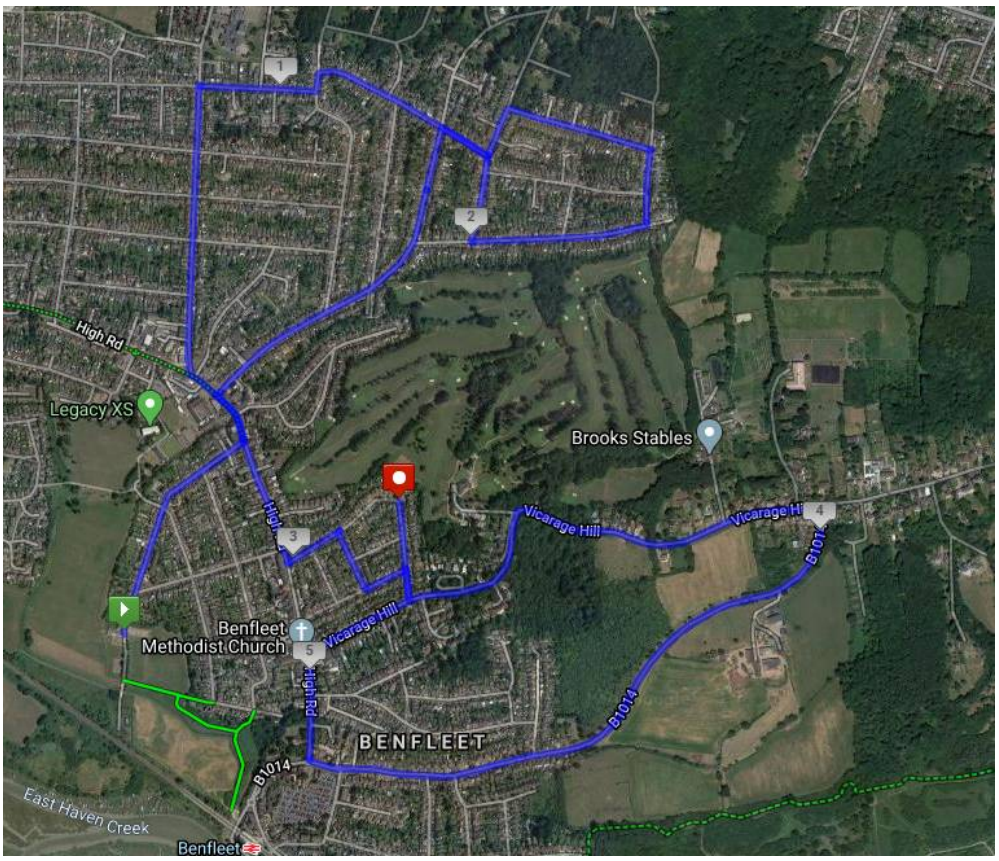 TO SHORTEN ROUTE, RETURN TO CLUB DIRECTLY AFTER DESCENDING ESSEX WAY
SATURDAY	**28th**	**TBC**