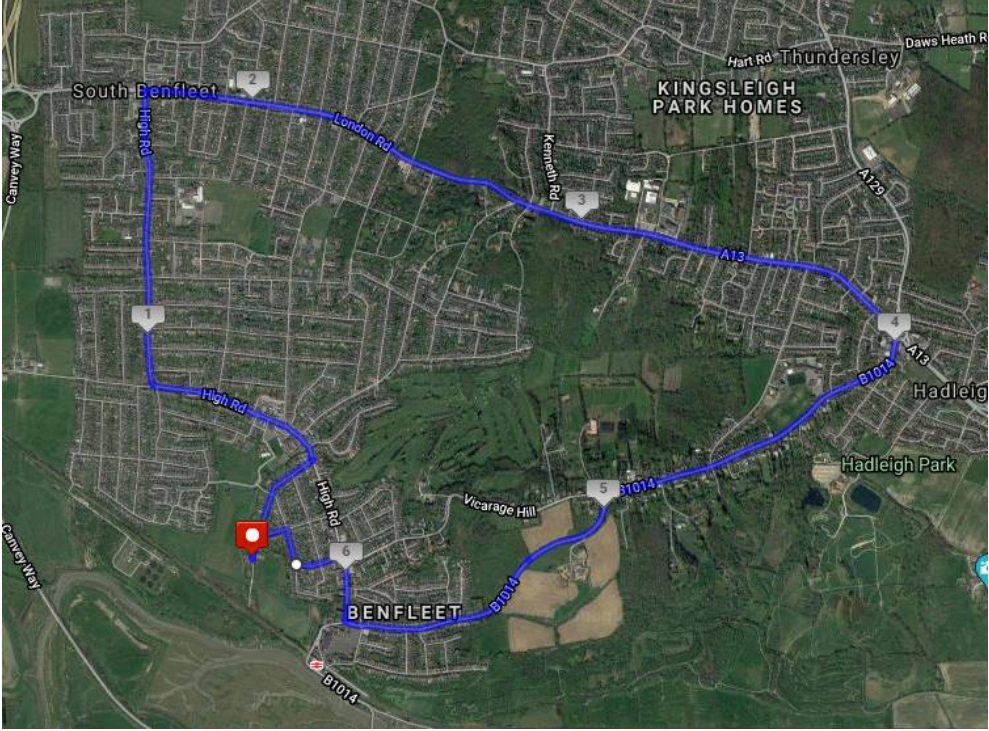
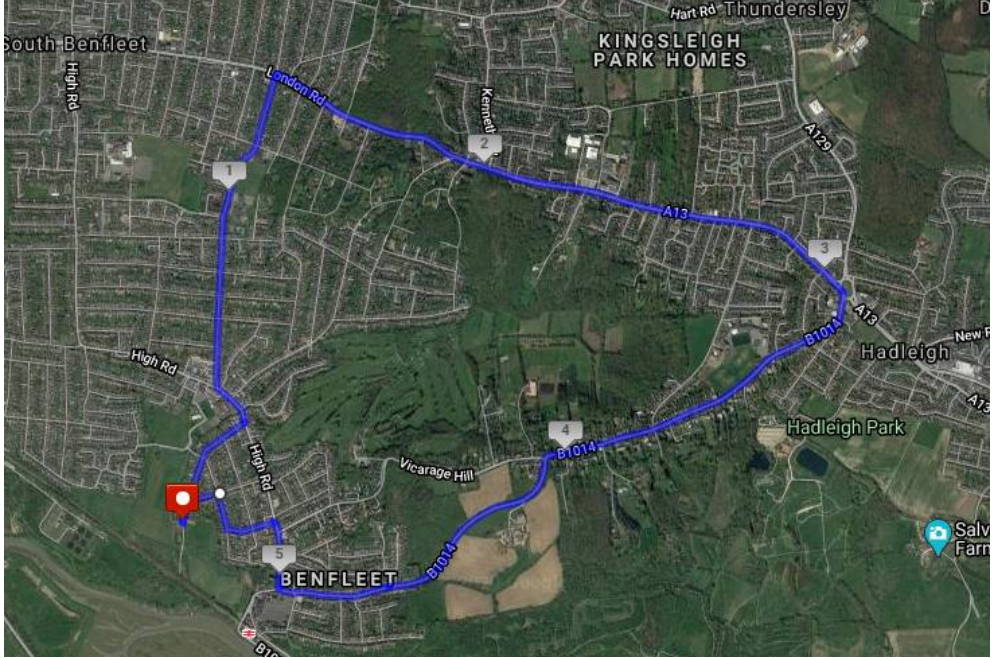


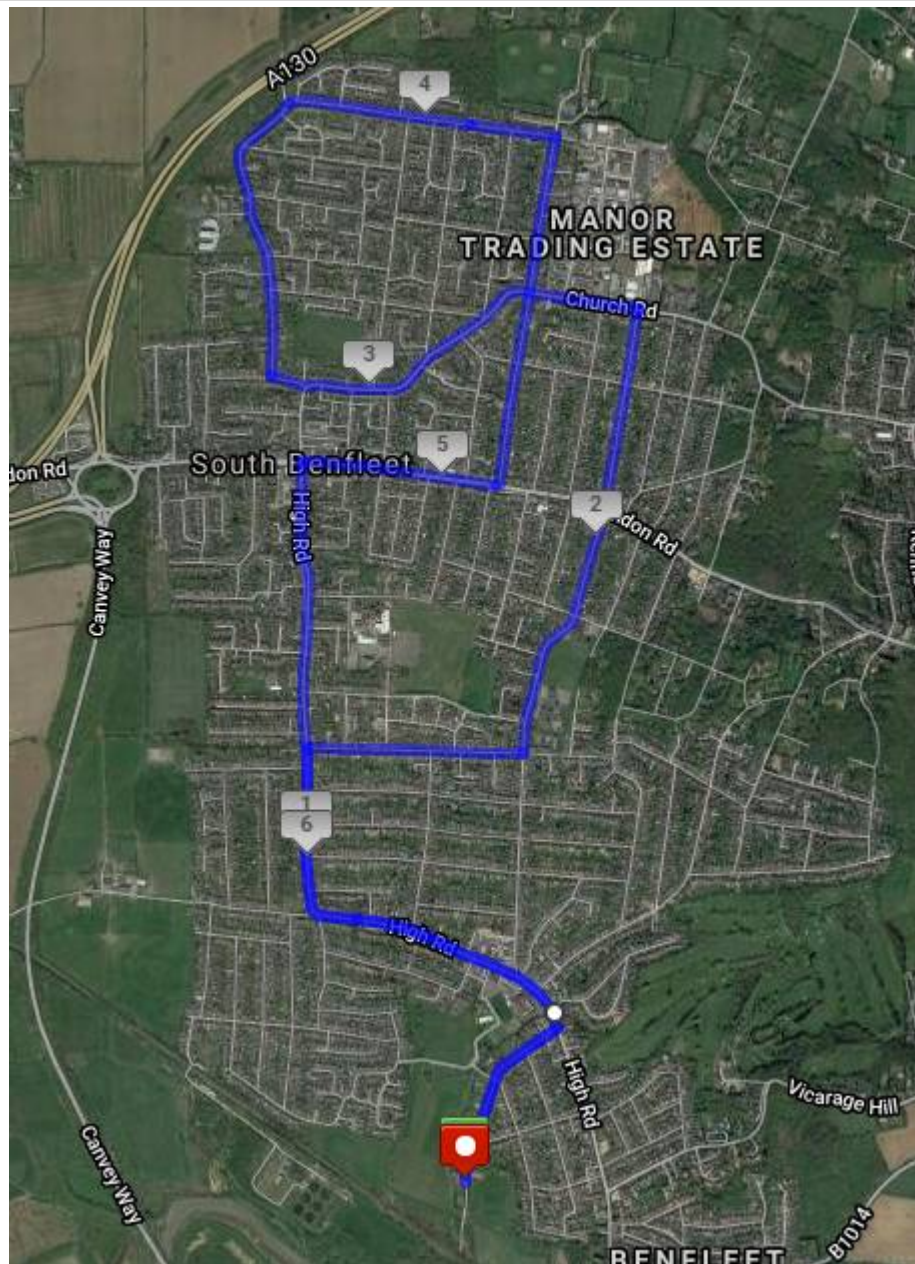
BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2021

SATURDAY EFFORTS	2nd	TBC
TUESDAY EFFORTS	5th	<p>DUNCAN, TERRY, GRAHAM, STEVE AND NICK 1 mile warm up/ 4 x 1 mile efforts using club loop and Bird Estate, regroup during 3 min recovery/ 1 mile cool down.</p> <p>JAMES TBC IAN TBC</p> <p>BOBBY</p>
THURSDAY RUN	7th	<p>BROOK RD/HIGH RD/TARPOTS/BREAD AND CHEESE/KILN RD/BENFLEET RD/ESSEX WAY/CLUB 6.4 MILES</p>  <p>SHORTER ROUTE 5.5 MILES</p>

BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2021

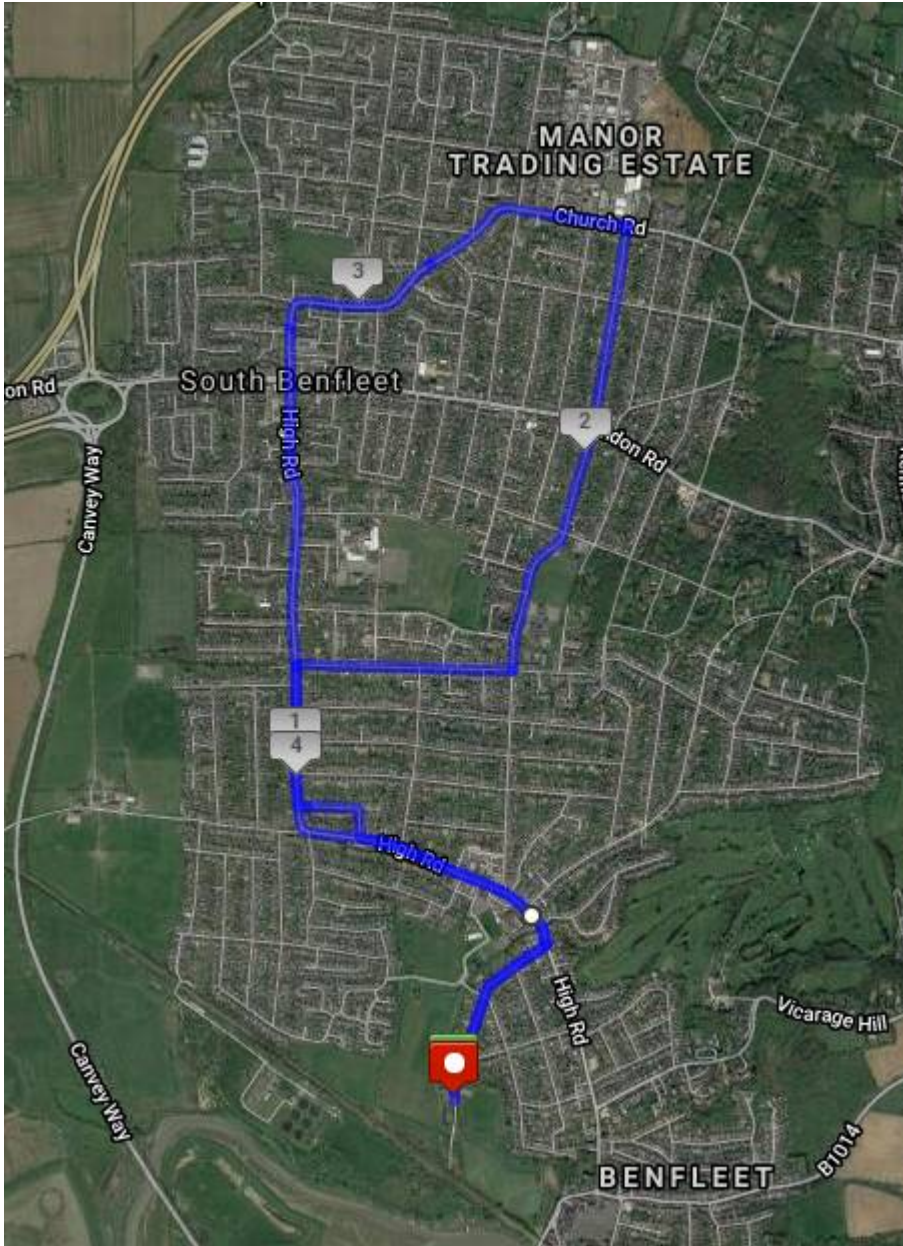
		<p>BROOK RD/HIGH RD/KENTS HILL/BREAD AND CHEESE/KILN RD/ BENFLEET RD/ESSEX WAY/CLUB</p> 
SATURDAY	9th	TBC
TUESDAY EFFORTS	12th	<p>DUNCAN, TERRY, GRAHAM, STEVE AND NICK 1 mile warm up/ 30/60/90/120 second hill efforts with double time recovery jog back to start (3 sets) using Hill Rd/ Southwell Rd and Under hill/ Mount Rd and bottom of River View Rd/ 1 mile cool down</p> <p>JAMES TBC</p> <p>IAN TBC</p> <p>BOBBY</p>
THURSDAY RUN	14th	<p>HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/NEW RD/DAWS HEATH/HART RD/CHUCH RD/KENTS HILL/CLUB 7.6 MILES</p>

BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2021

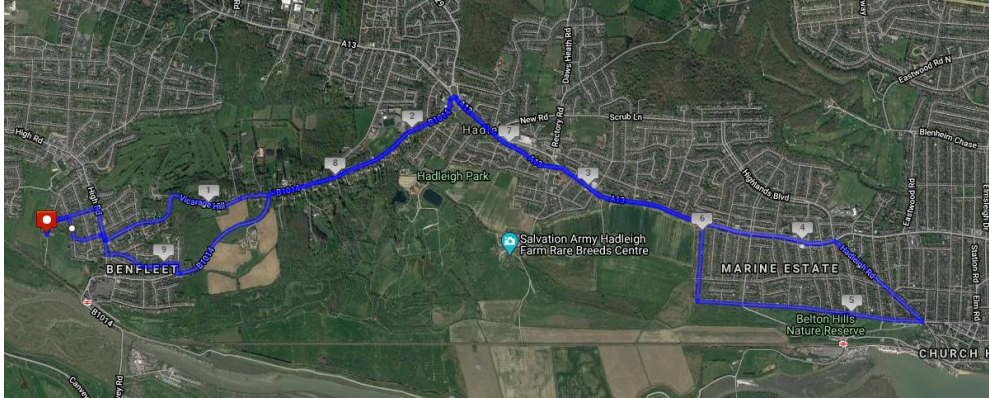
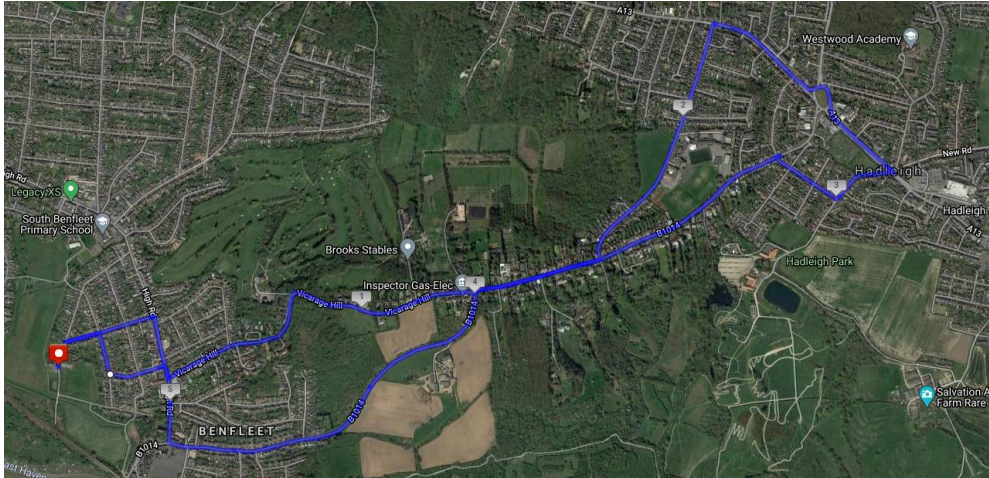


SHORTER ROUTE 4.9 MILES
BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL
NORTH/CHUCH RD/TARPOTS HIGH RD/BROOK RD CLUBS

BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2021

		
SATURDAY EFFORTS	23rd	TBC
TUESDAY EFFORTS	26th	DUNCAN, TERRY, GRAHAM, STEVE AND NICK 1 mile warm up/ Using Hill Rd/ Fernleigh loop, 2 x 2, 2 x 2.30, 2 x 3, 2 x 2.30, 2 x 2 min efforts with 1, 1.30, 2 min, 1.30 and 1 min standing recoveries (change direction after every second effort) 1 mile cool down.

BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2021

		<p>JAMES TBC</p> <p>IAN TBC</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>28th</p>	<p>HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13 TO LEIGH/HADLEIGH RD/MARINE PARADE/TATERSALL GDS/ A13/BENFLEET RD/ESSEX WAY/HIGH RD/GREEN RD/FLEET RD/CLUB 9.7 MILES</p>  <p>SHORTER ROUTE 5.5 MILES HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIPWRIGHTS DR/A13/CHAPEL LANE/ST JOHNS RD/BENFLEET RD/ ESSEX WAY/HIGH RD/GREEN RD/FLEET RD/CLUB</p> 

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SATURDAY EFFORTS	30th	TBC