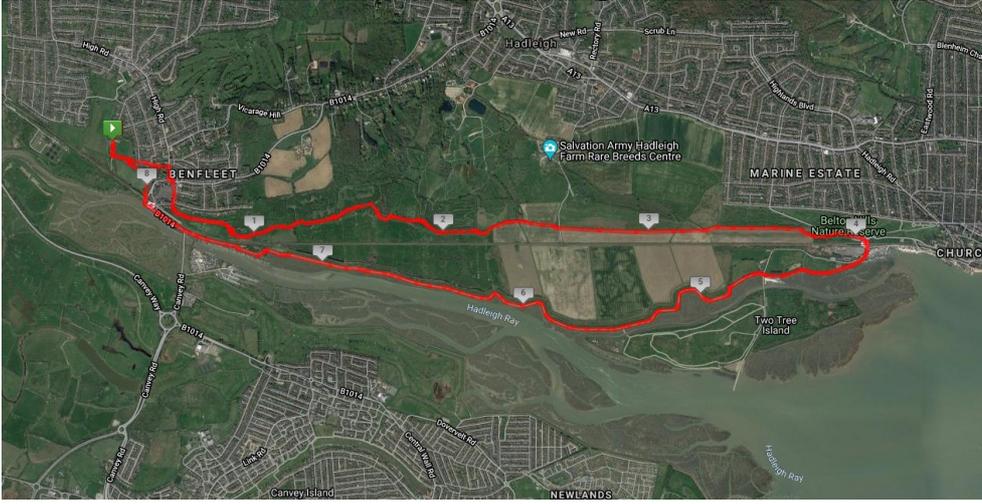
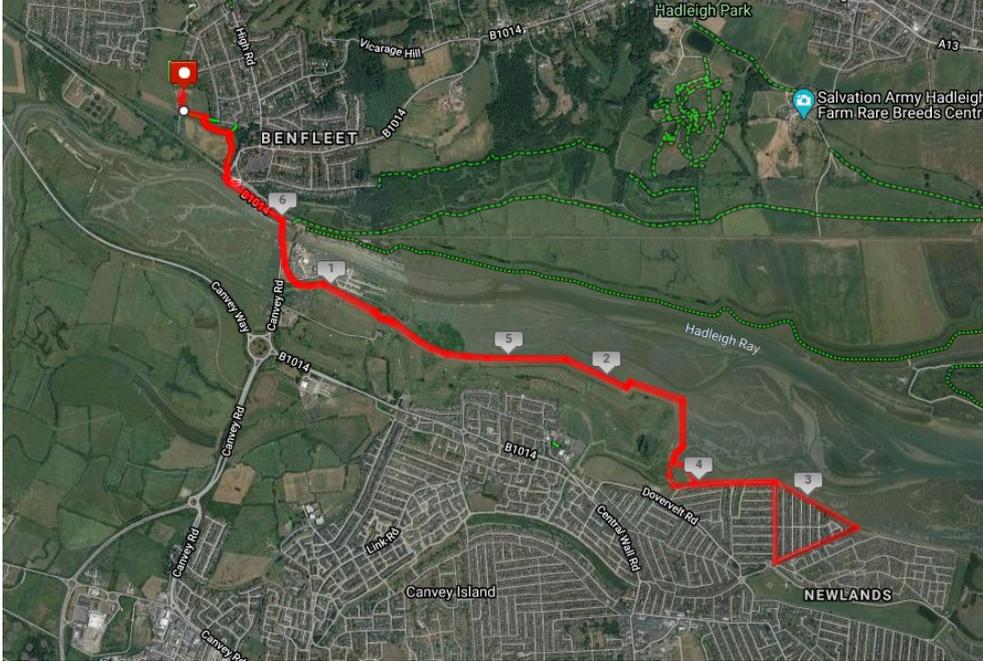


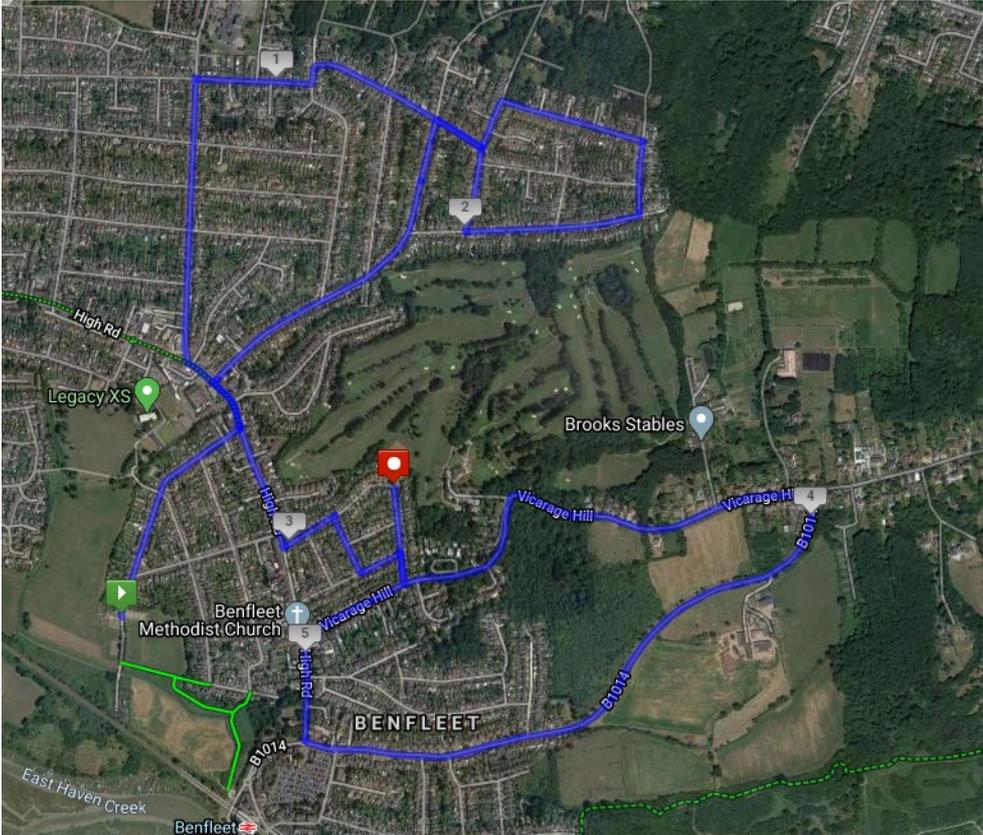
# BENFLEET RUNNING CLUB TRAINING JULY 2021

<p><b>THURSDAY RUN</b></p>	<p><b>1st</b></p>	<p><b>LEIGH STATION AND BACK 8.3 MILES</b></p>  <p><b>SHORTER ROUTE 4.6 MILES</b> Use railway crossing halfway across The Downs</p> 
<p><b>TUESDAY EFFORTS</b></p>	<p><b>6th</b></p>	<p><b>1, DUNCAN, IAN, STEVE, PAUL, GRAHAM AND NICK</b> Meet at John Burrows 7.15 for 7.30 Efforts in Westwood or at Little Havens</p> <p><b>2, JAMES</b> The 'Michigan' Track Session</p> <p><b>4, BOBBY'S RUN</b></p>
<p><b>THURSDAY</b></p>	<p><b>8th</b></p>	<p><b>CANVEY SEA WALL 6.75 MILES</b></p>

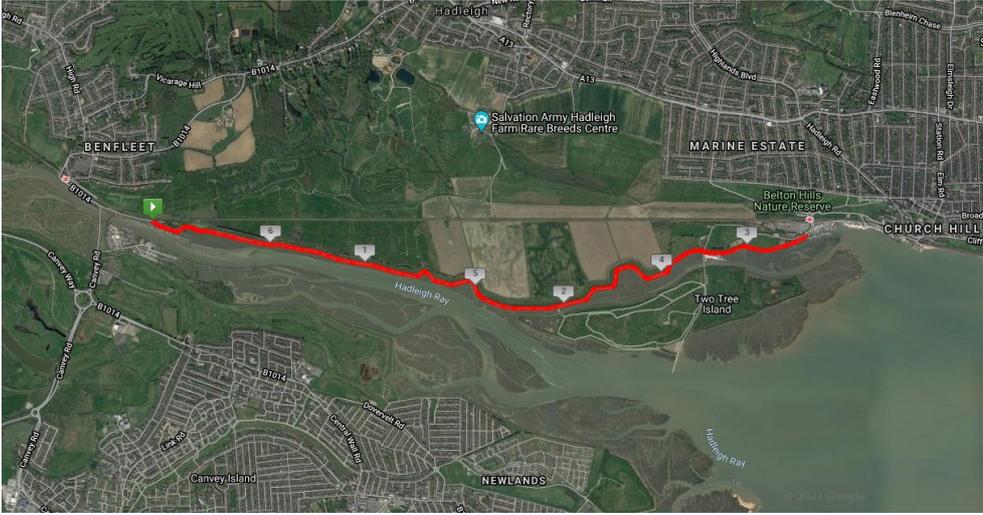
## BENFLEET RUNNING CLUB TRAINING JULY 2021

<p><b>RUN</b></p>		<p>CANVEY SEA WALL/ FOOTPATH THROUGH TO NORDLAND RD/ NORDLAND RD/BRANDENBURG RD/ SEAWALL /CLUB</p>  <p><b>FOR SHORTER ROUTE, RETURN WHEN READY</b></p>
<p><b>TUESDAY EFFORTS</b></p>	<p><b>13th</b></p>	<p><b>1, DUNCAN, IAN, STEVE, PAUL, GRAHAM AND NICK</b> <b>Horse Shoe efforts</b> Horse Shoe in The Downs 2x(6 x 300M) effort, using both hills</p> <p><b>2, JAMES</b> Pyramid Session 2 x 800 M, 2 x 600 M, 2 x 400 M, 2 x 200 M. All recoveries 200 M jog</p> <p><b>4, BOBBY'S RUN</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>15th</b></p>	<p><b>BALL BREAKER IN THE DAYLIGHT 5.3 MILES</b> BROOK RD/KENTS HILL RD/CLIFTON AVE/CLARENCE RD/NORTH/HILL RD/SOUTHWELL RD/MOUNT RD/HILL RD/CLARENCE RD NORTH//THUNDERSLEY PARK RD/HIGH RD/QUEENS RD/ALEXANDRA RD/HILLSIDE RD/KINGS RD/VICARAGE HILL/ESSEX WAY/HIGH RD/VICARAGE HILL/KINGS RD/ AND REST</p>

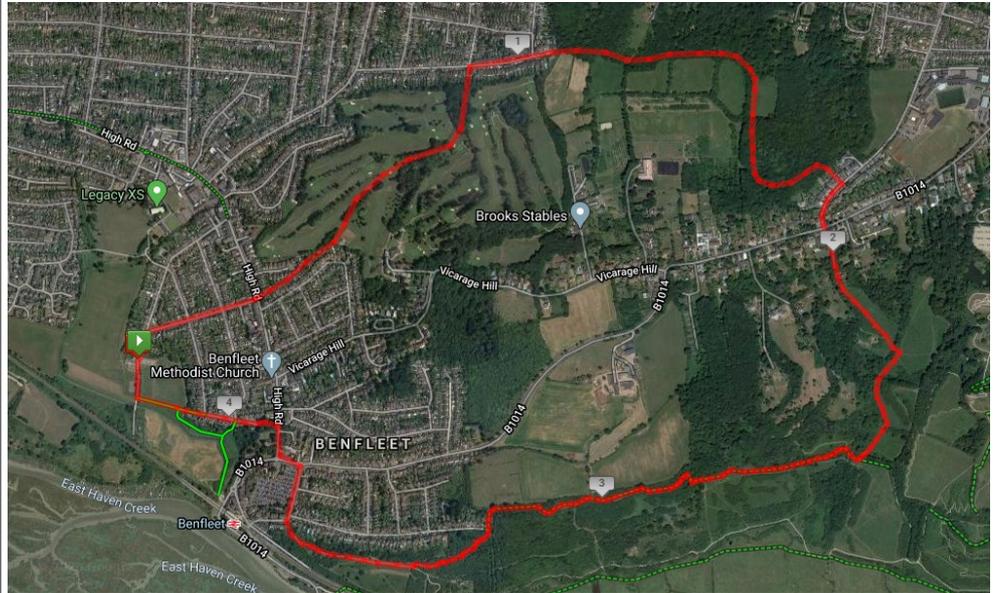
## BENFLEET RUNNING CLUB TRAINING JULY 2021

		
<p><b>TUESDAY EFFORTS</b></p>	<p><b>20th</b></p>	<p><b>1, DUNCAN, IAN, STEVE, PAUL, GRAHAM AND NICK</b>  <b>Hill Efforts</b>          1 mile warm up/ 25 sec effort with 60 sec jog return, 3 sets of 7 using 3 different hills on The Downs/ 1 mile cool down.</p> <p><b>2, JAMES</b>          Hills.          3 x (8 x 25 sec up, 60 sec down)</p> <p><b>4, BOBBY'S RUN</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>22rd</b></p>	<p><b>Out and Back run from "The Gladys" with a drink afterwards.</b>          Meet at the Gladys 7.15 for 7.30          25 min outward run from Gladys along Benfleet sea wall towards Leigh, then return, or just stay at The Gladys</p>

# BENFLEET RUNNING CLUB TRAINING JULY 2021

		
<p><b>TUESDAY EFFORTS</b></p>	<p><b>27th</b></p>	<p><b>1, DUNCAN, IAN, STEVE, PAUL, GRAHAM AND NICK</b> Thursday's long run, with Track session Thursday</p> <p><b>2, JAMES</b> 1,000 M Countdown</p> <p><b>3, BOBBY'S RUN</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>29th</b></p>	<p><b>BROOK RD/HOPE RD/THROUGH GOLF COURSE TO UNDERHILL RD/THROUGH GLEN TO SHIPWRIGHTS/BENFLEET RD/A13/CASTLE LANE/ LOWER ROUTE BACK ACROSS DOWNS/SCHOOL LANE/CLUB 6.3 MILES</b></p>  <p><b>SHORTER ROUTE 4.3 MILES</b> BROOK RD/HOPE RD/THROUGH GOLF COURSE TO UNDERHILL RD/THROUGH GLEN TO SHIPWRIGHTS/ CROSS BENFLEET RD/ FOOTPATH TO SHIPWRIGHTS HILL/UPPER GRAVEL PATH/SCHOOL LANE/ CLUB</p>

# BENFLEET RUNNING CLUB TRAINING JULY 2021



**DUNCAN, IAN, STEVE, PAUL, GRAHAM AND NICK**  
**Track Session**  
Meet at Waterside 7.15-7.30