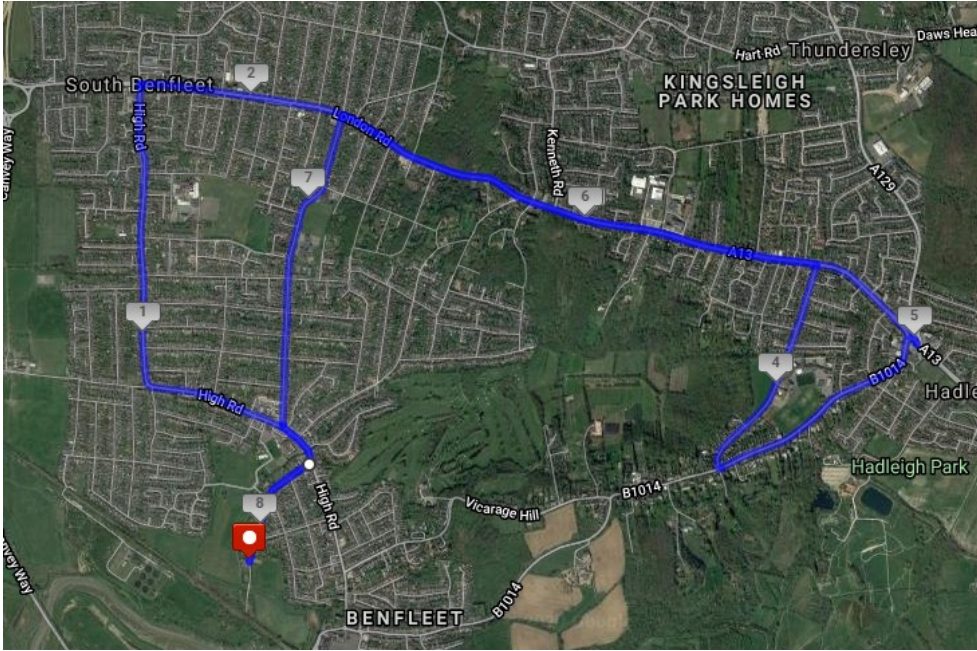
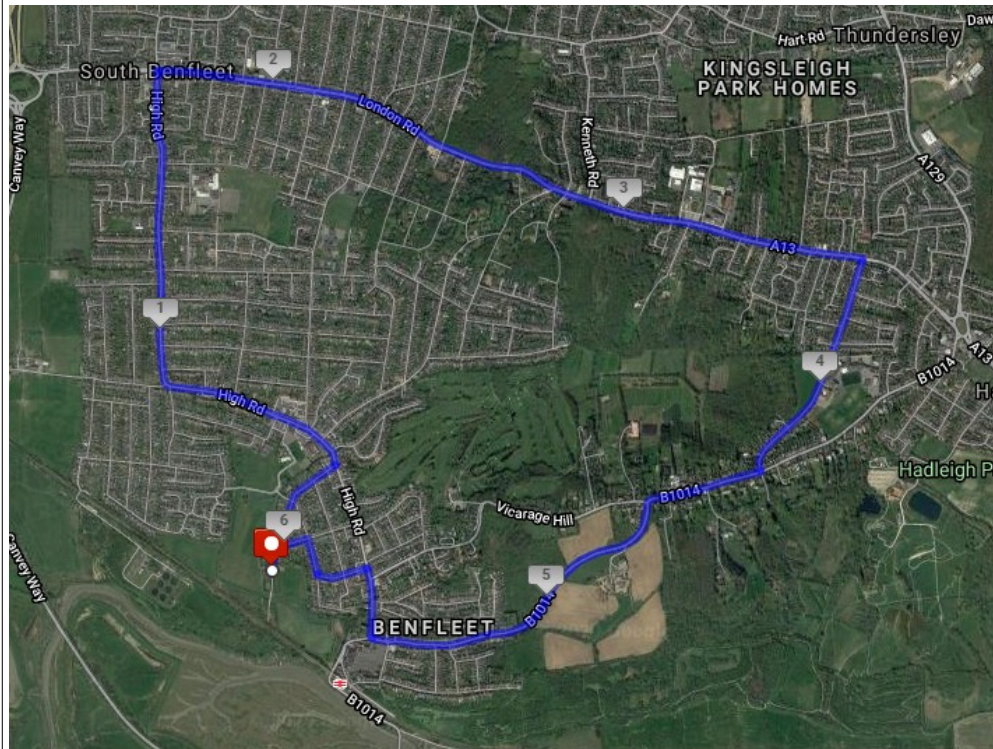


Benfleet Running Club Training November 2021

<p>TUESDAY EFFORTS</p>	<p>2nd</p>	<p>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK Meet and Greet session using Bird estate 1K/800M/600M/1K/800M/600M</p> <p>JAMES Essex Way. 3/2/1 mins x 3 or 4</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>4th</p>	<p>BROOK RD/HIGH RD/TARPOTS/BREAD AND CHEESE HILL/SHIPWRIGHTS DR/BENFLEET RD/KILN RD BREADANDCHEESE HILL/KENTS HILL RD/CLUB 8 MILES</p> 

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SHORTER ROUTE 6.1 MILES
BROOK RD/HIGH RD/TARPOTS/BREAD AND CHEESE
HILL/SHIPWRIGHTS DRIVE /BENFLEET RD/ESSEX WAY/CLUB



**TUESDAY
EFFORTS**

9th

DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK
 Essex Way hill efforts 2x1min/2x2min/2x3min/2x4min/ jog recovery back
 after each effort

JAMES
 Zig-Zags

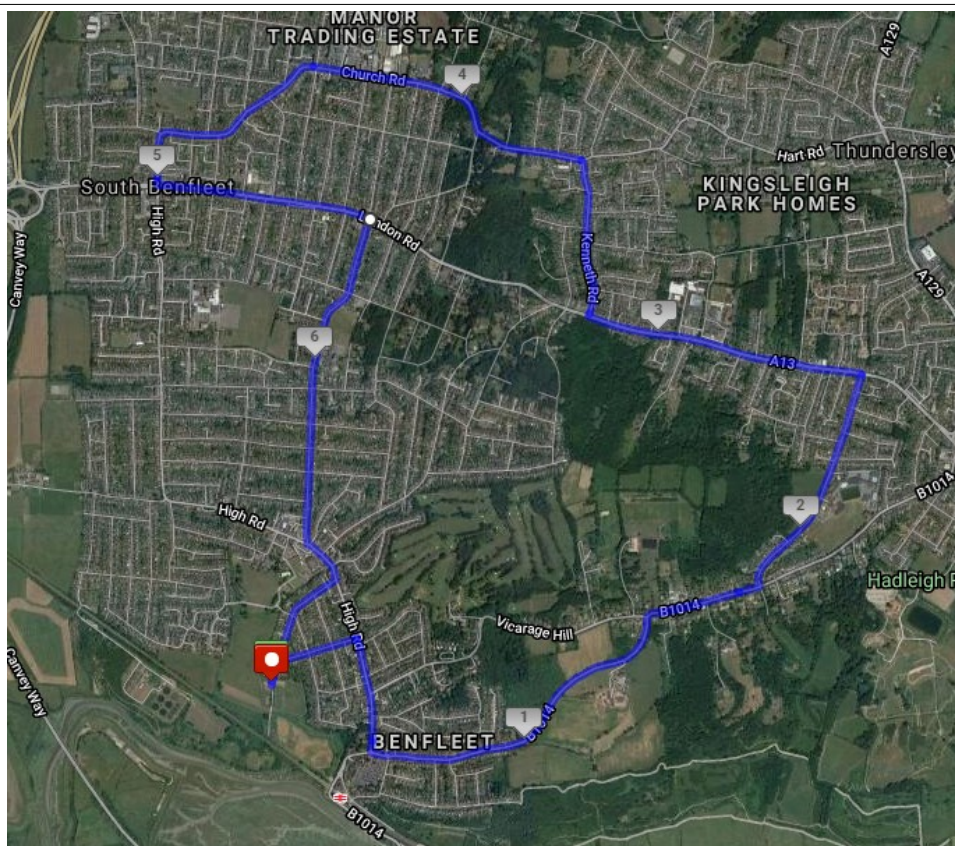
BOBBY

**THURSDAY
RUN**

11th

**HOPE RD/HIGH RD/ESSEX WAY/SHIPWRIGHTS DR/KILN
 RD/KENNETH RD/CHURCH ROAD/TARPOTS/KENTS HILL
 SOUTH/BROOK RD. 7 MILES**

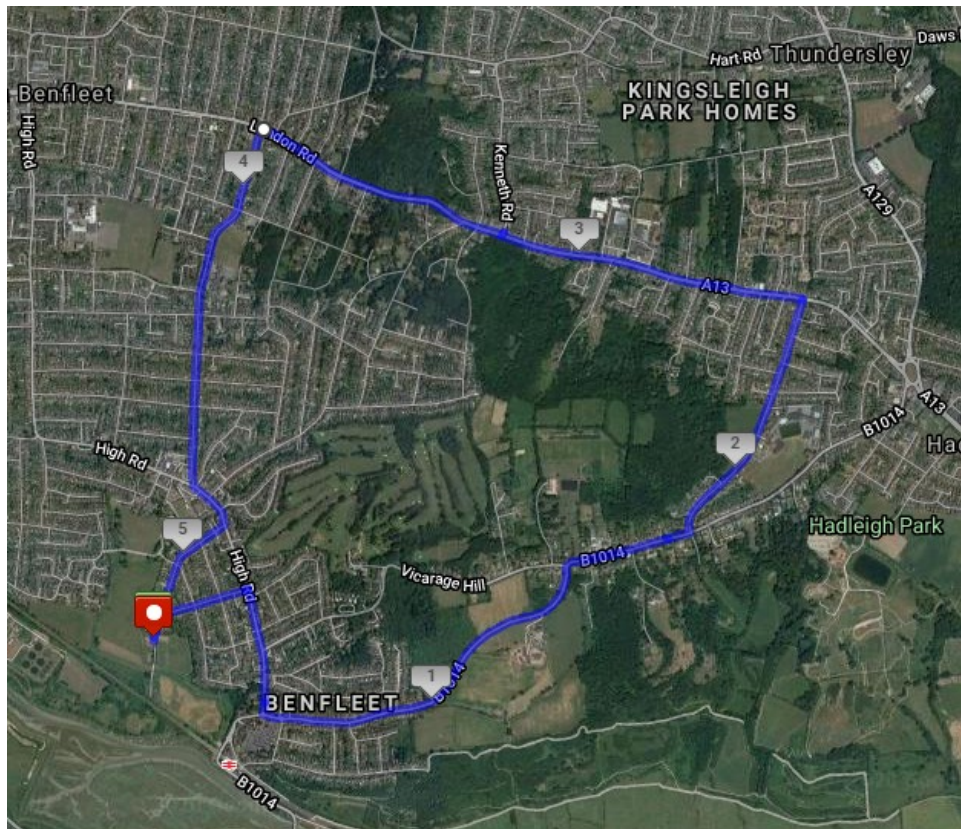
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SHORTER ROUTE 5.2 MILES

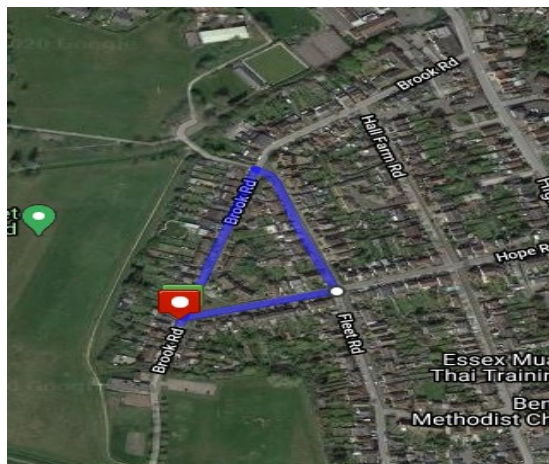
HOPE RD/HIGH RD/ESSEX WAY/SHIPWRIGHTS DR/KILN
RD/BREAD AND CHEESE/KENTS HILL SOUTH/BROOK ROAD

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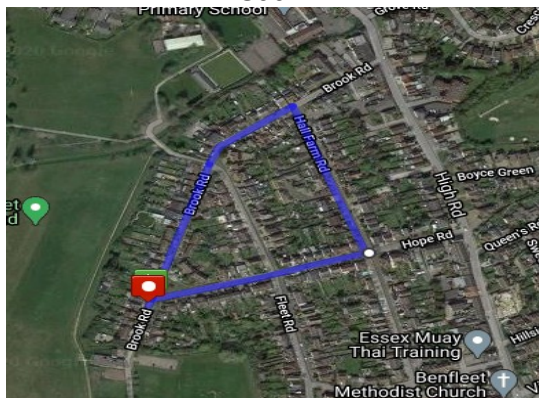
TUESDAY EFFORTS

16th DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK
Using club loop,
8xFlying 30's/500M/800M/1,500M/800M/500M/8xFlying 30's
500M

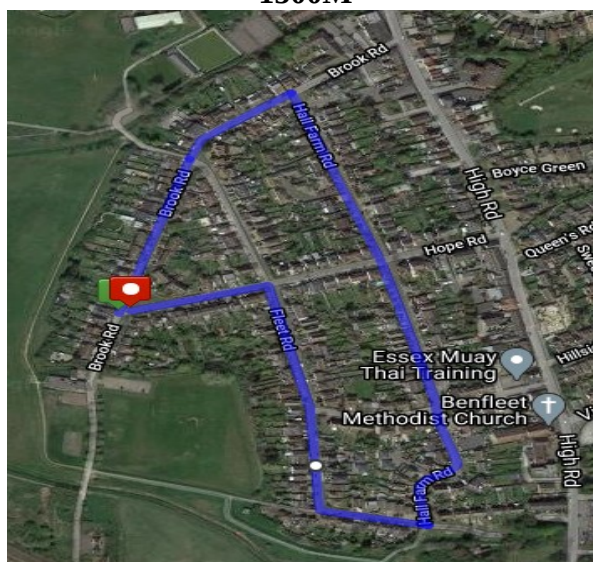


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800M



1500M



JAMES

5 x 5 mins (r75s), 2 x 800M

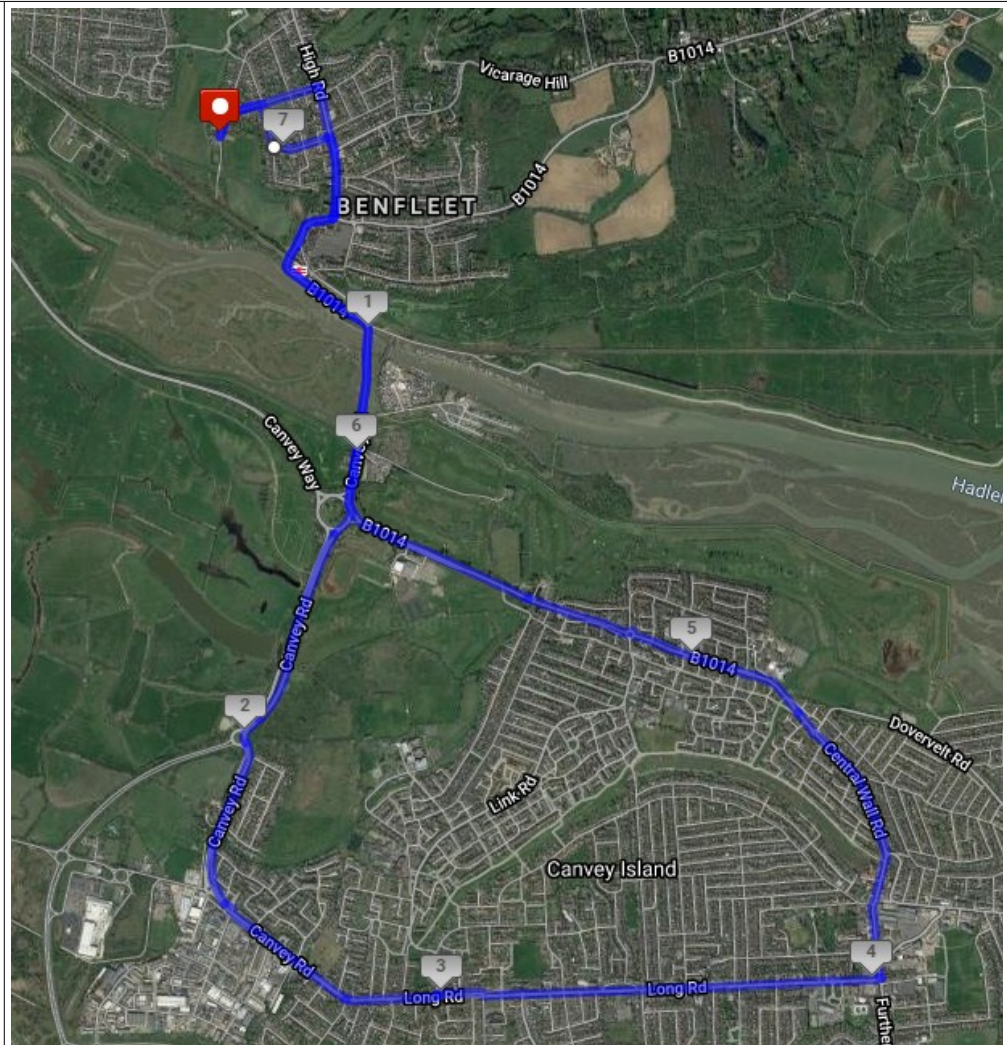
BOBBY

**THURSDAY
RUN**

18th

HOPE RD/HIGH RD/CANVEY RD/LONG RD/CENTRAL
WALLRD/SOMNES AVE/CANVEY RD/HIGH RD/GREEN RD/FLEET
RD/CLUB **7.2 MILES**

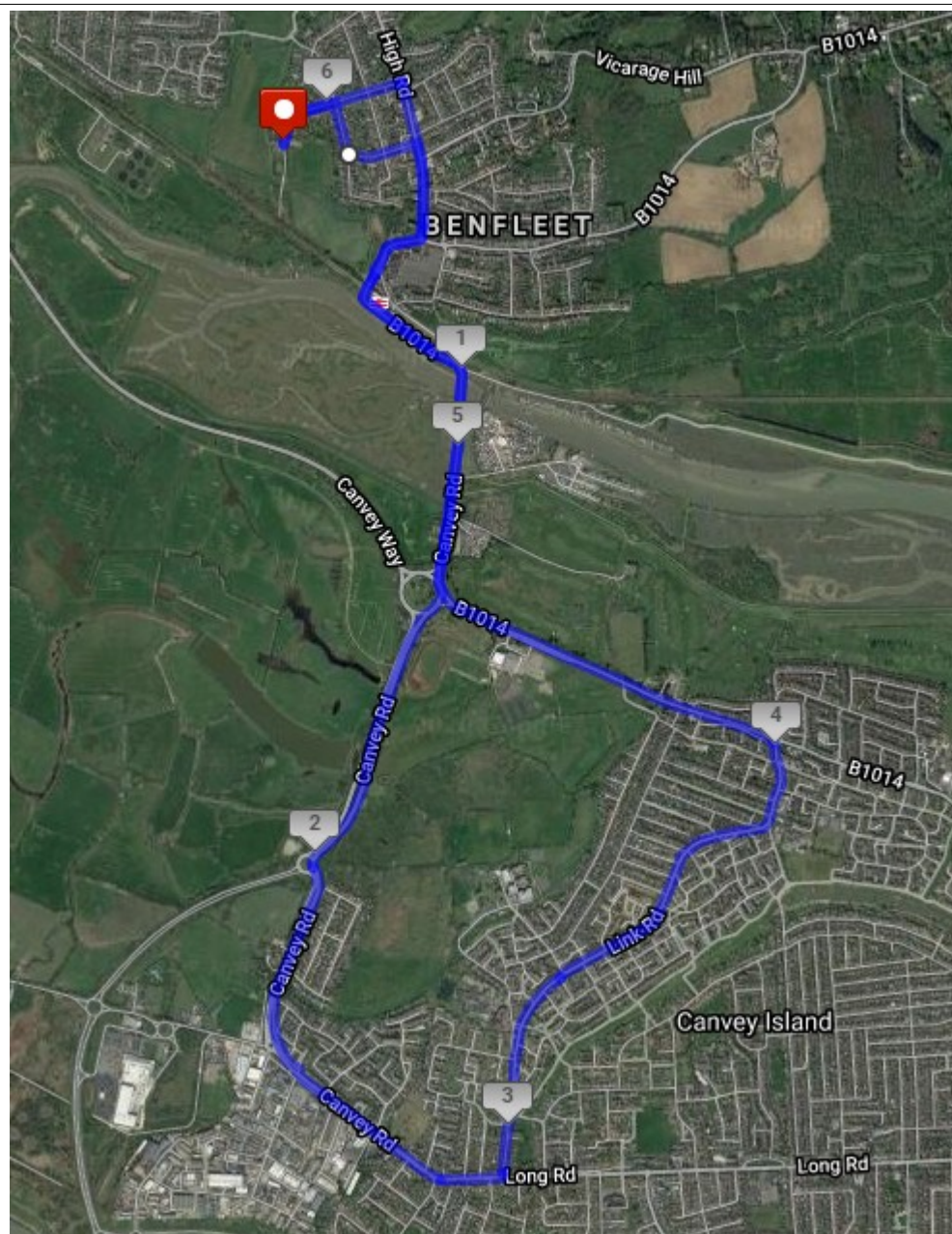
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SHORTER ROUTE 6.1 MILES

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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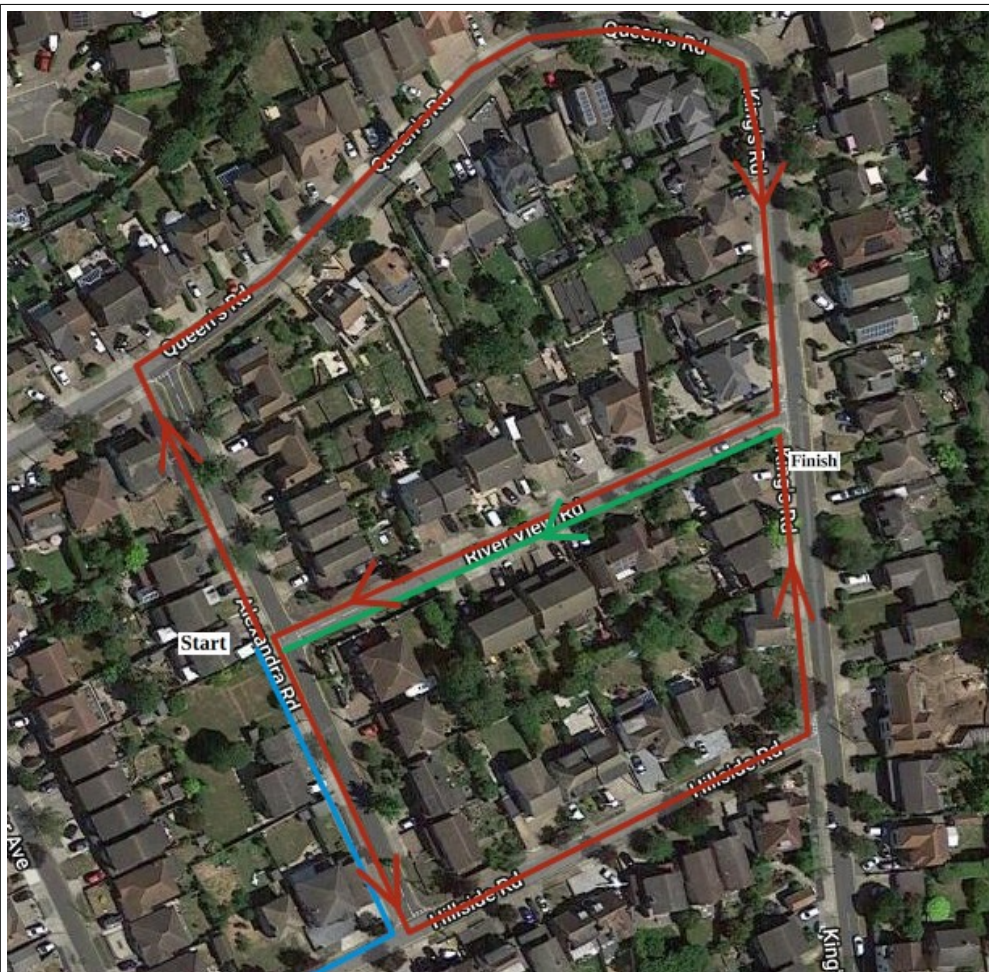


**TUESDAY
EFFORTS**

23rd

DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN 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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JAMES

10 x 2 mins with 70/50/30 recoveries

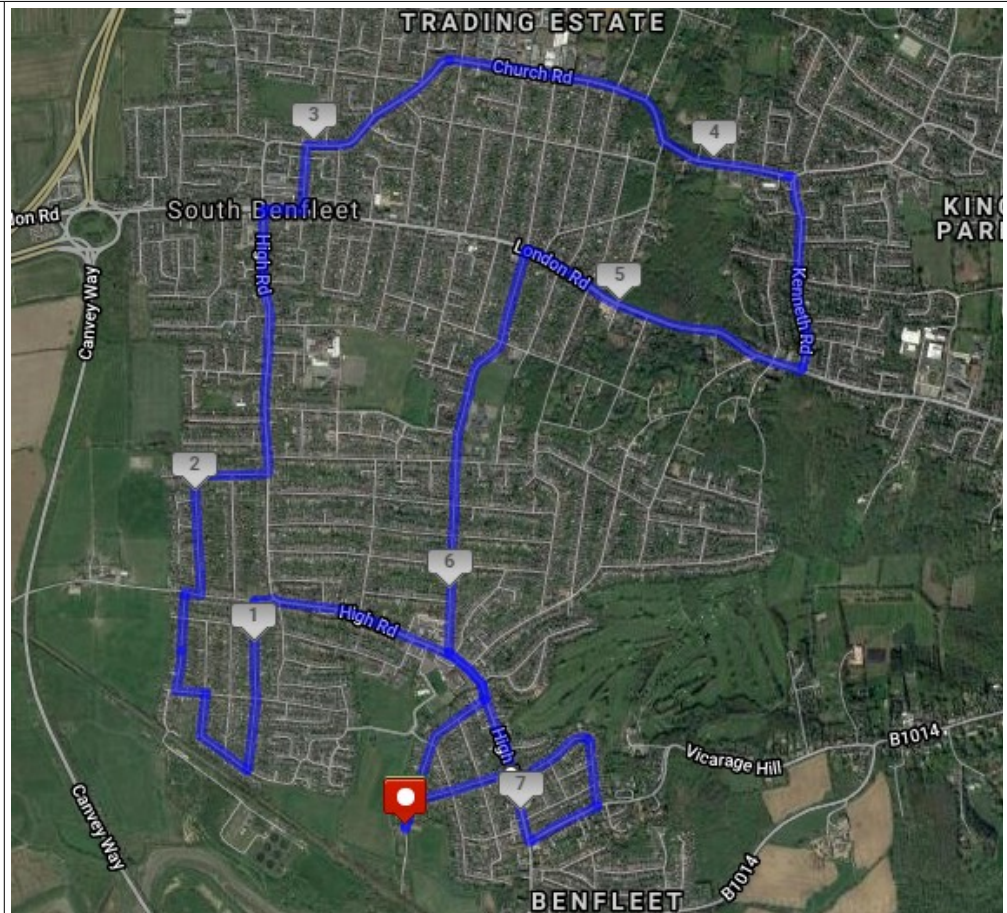
BOBBY

**THURSDAY
RUN**

25th

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**

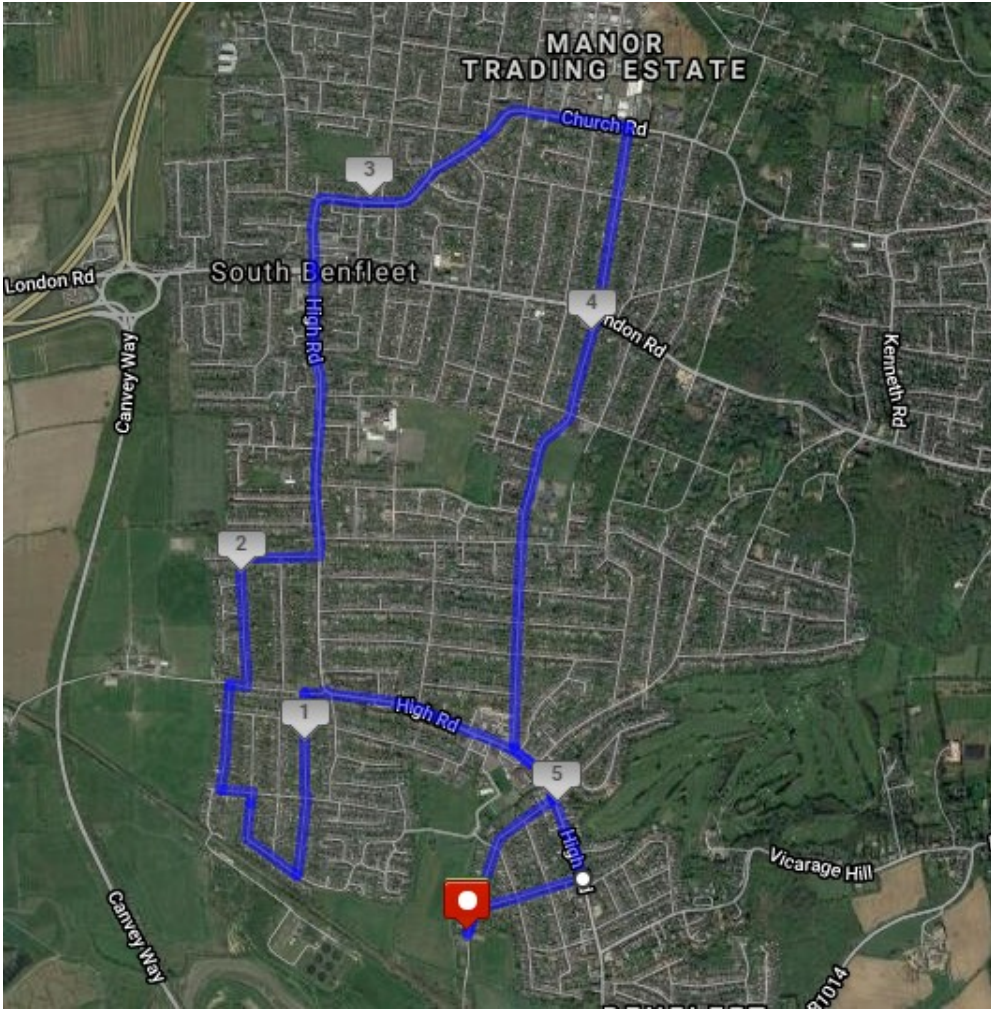
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SHORTER ROUTE 5.3 MILES

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

Benfleet Running Club Training November 2021

		
TUESDAY EFFORTS	30th	<p>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK Downhill Efforts (for a change) Using Sidwell and Greenwood, opposite direction from normal 8x400M</p> <p>JAMES Figure of 8 4 x 20s (r50s), small figure of 8 (r75) 40 x 20s (r50s) big figure of 8 (r90) Repeat x 2 or 3</p> <p>BOBBY</p>