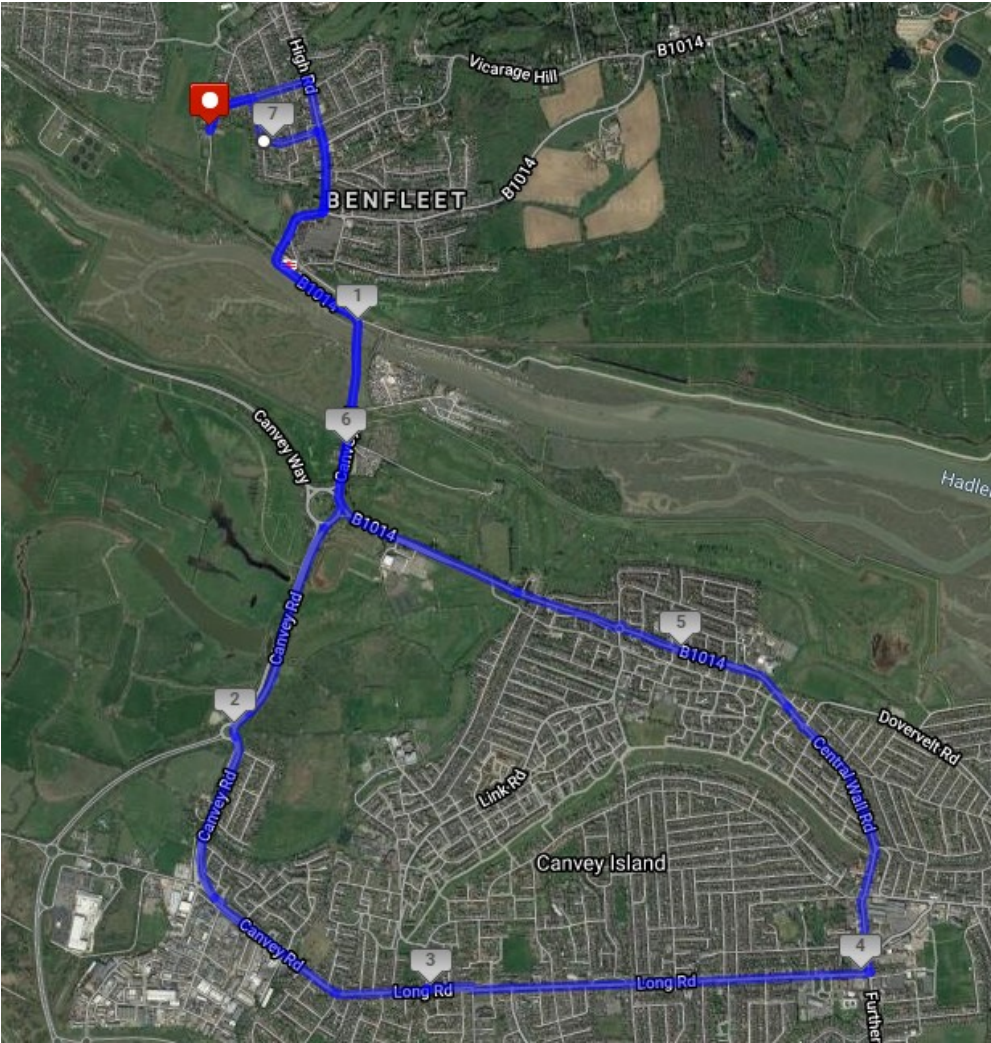


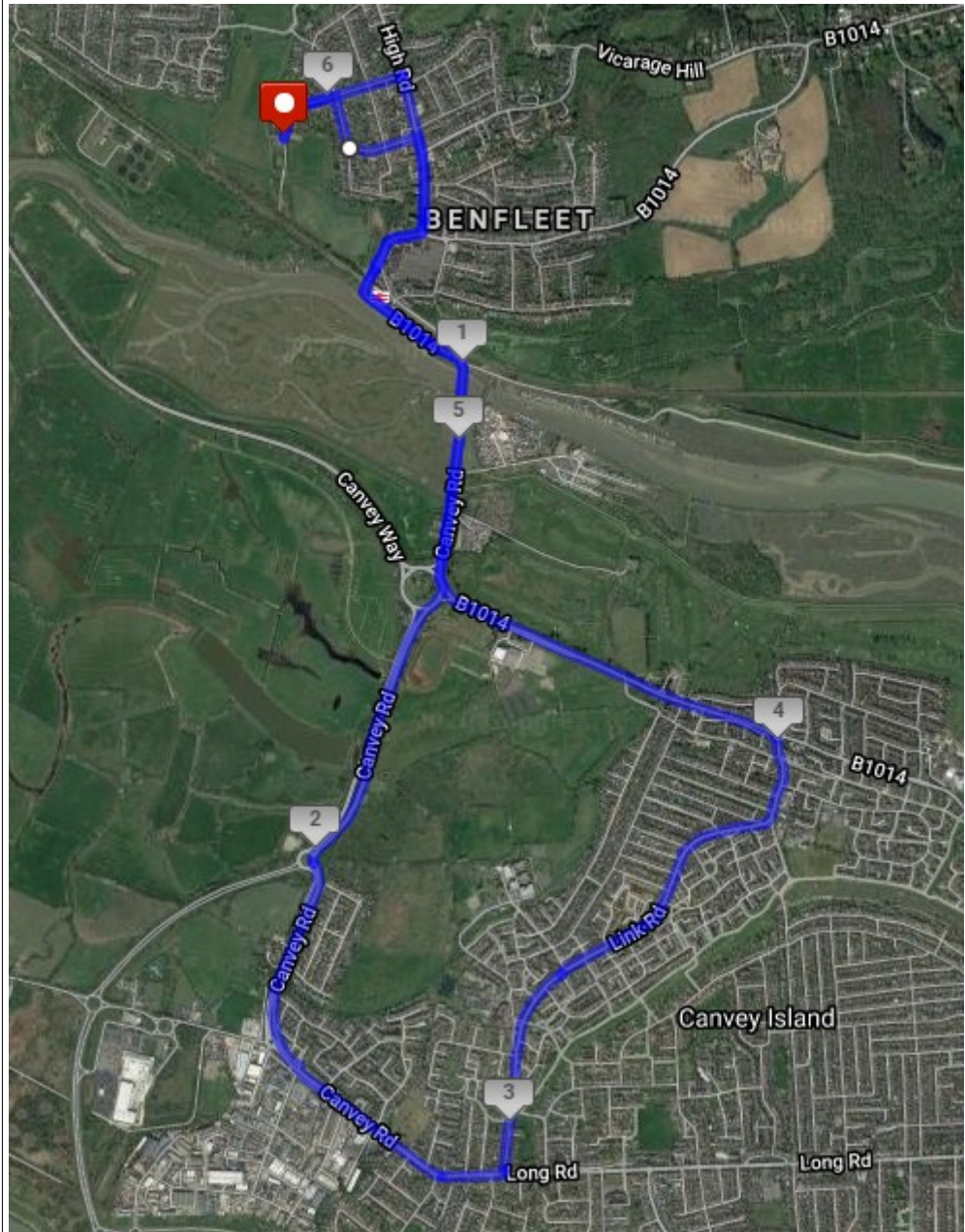
BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2022

TUESDAY EFFORTS	4th	<p>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK 1 mile warm up/ Bird Estate 5-6 1K efforts with 400M jog recovery/ 1 mile cool down. JAMES</p> <p>BOBBY</p>
THURSDAY RUN	6th	<p>HOPE RD/HIGH RD/CANVEY RD/LONG RD/CENTRAL WALLRD/SOMNES AVE/CANVEY RD/HIGH RD/GREEN RD/FLEETRD/CLUB 7.2 MILES</p> 

BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2022

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



**TUESDAY
EFFORTS**

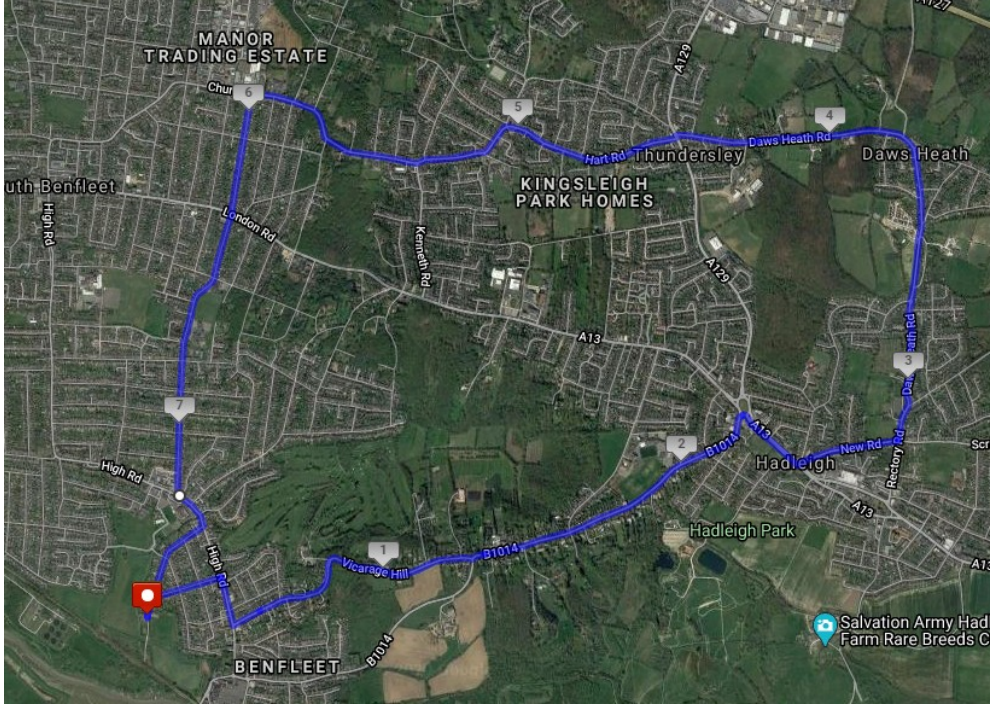
11th

DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK

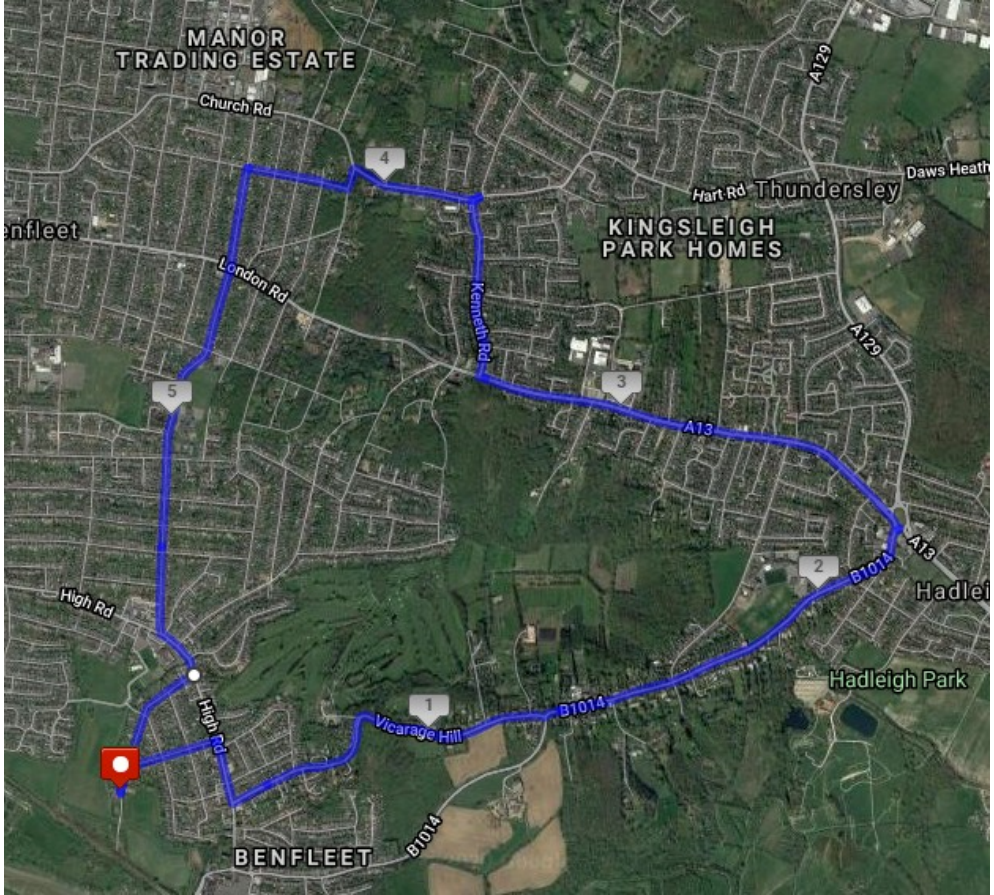
1 mile warm up/ 30/60/90/120 second hill efforts with double time recovery jog back to start (3 sets) using Hill Rd/ Southwell Rd and Under hill/ Mount Rd and bottom of River View Rd/ 1 mile cool down

BENFLEET RUNNING CLUB

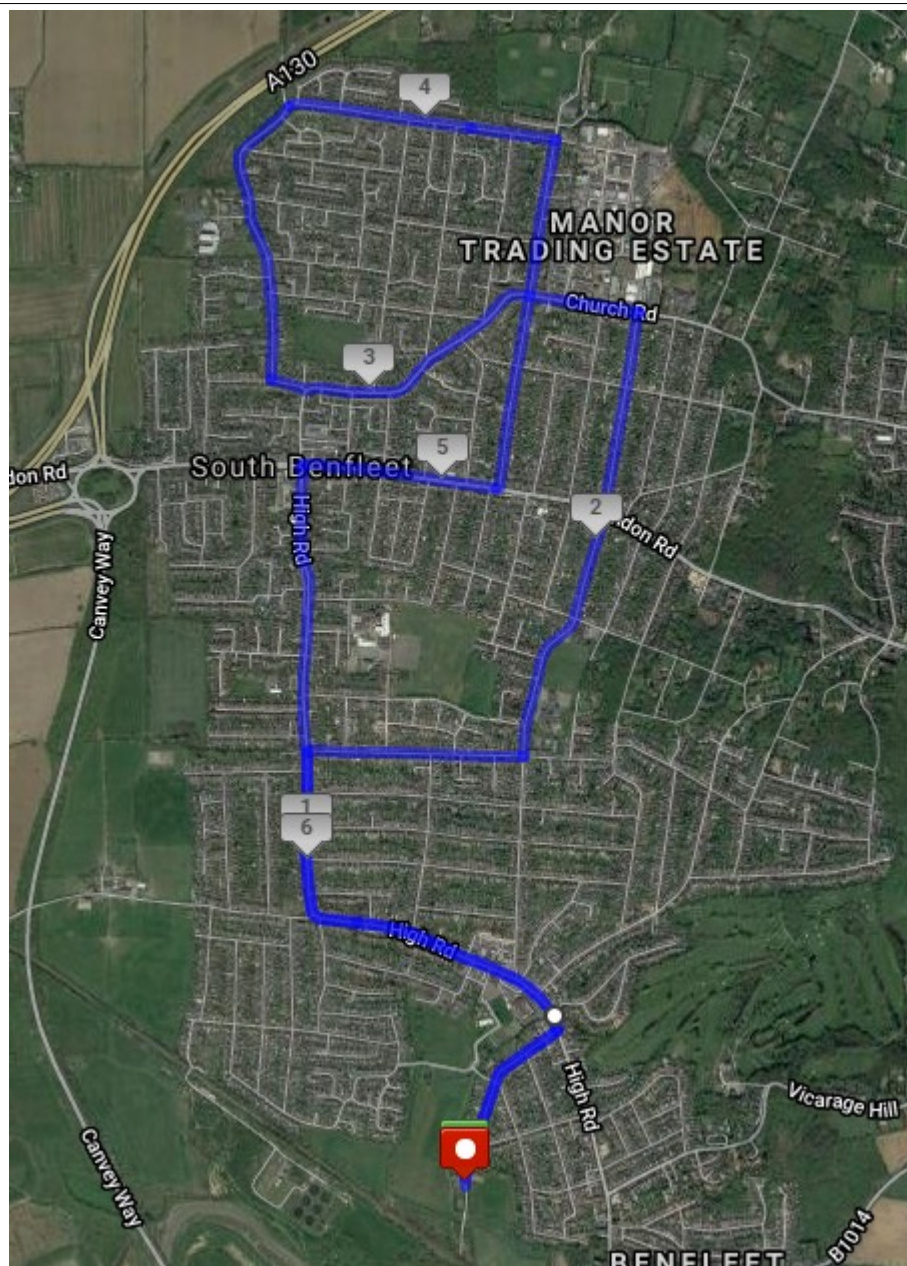
TRAINING PLAN JANUARY 2022

		<p>JAMES</p> <p>BOBBY</p>
<p>THURSDAY</p> <p>RUN</p>	<p>13th</p>	<p>HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/NEW RD/DAWS HEATH/HART RD/CHUCH RD/KENTS HILL/CLUB</p> <p>7.6 MILES</p> 

BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2022

		<p>SHORTER ROUTE 6.1 MILES HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/KILN RD/KENNETH RD//CHUCH RD/KENTS HILL NORTH/KENTS HILL/CLUB</p> 
TUESDAY EFFORTS	18th	<p>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK 1 mile warm up/ Using Bird Estate .30/1/1.30/2/2.30/3/2.30/2/1.30/1/.30 Efforts with 50% regroup jog recoveries/ 1 mile cool down</p> <p>JAMES</p> <p>BOBBY</p>
THURSDAY RUN	20th	<p>BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL NORTH/CHURCH RD/RUSHBOTTOM LN/WOODSIDE AVE/MANOR RD/LONDON RD/TARPOTS/HIGH RD/CLUB 7 MILES</p>

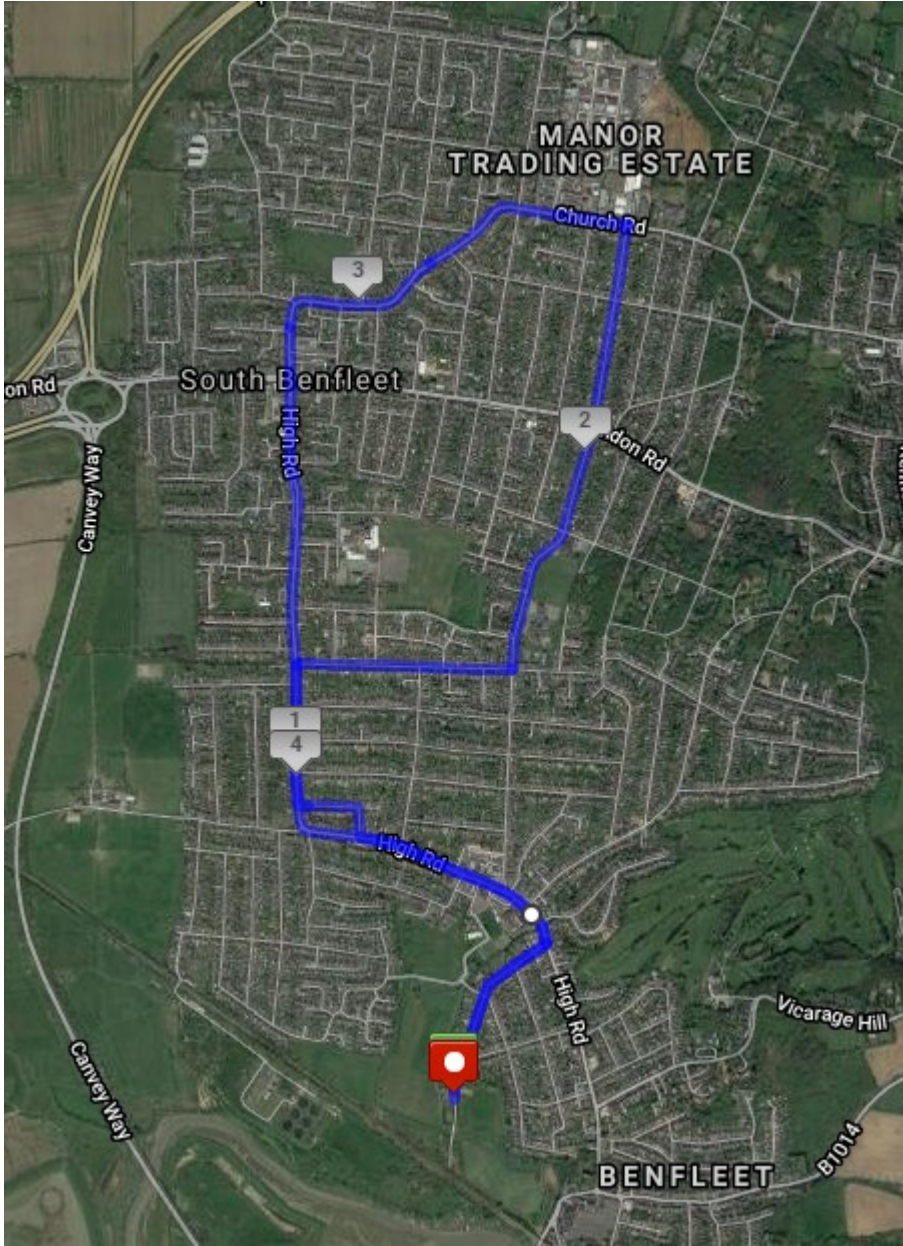
BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2022



SHORTER ROUTE 4.9 MILES

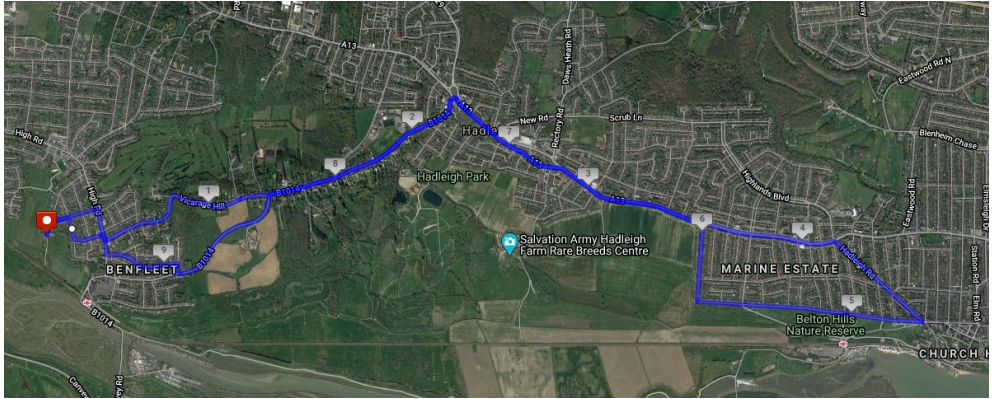
BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL
NORTH/CHUCH RD/TARPOTS HIGH RD/BROOK RD CLUBS

BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2022

		
TUESDAY EFFORTS	25th	<p>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK 1 mile warm up/ Using Hill Rd/ Fernleigh loop 5-6 circuits, reversing direction each effort and with 2 min recovery after regrouping/ 1 mile cool down.</p> <p>JAMES</p>

BENFLEET RUNNING CLUB

TRAINING PLAN JANUARY 2022

		BOBBY
THURSDAY RUN	27th	<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> 