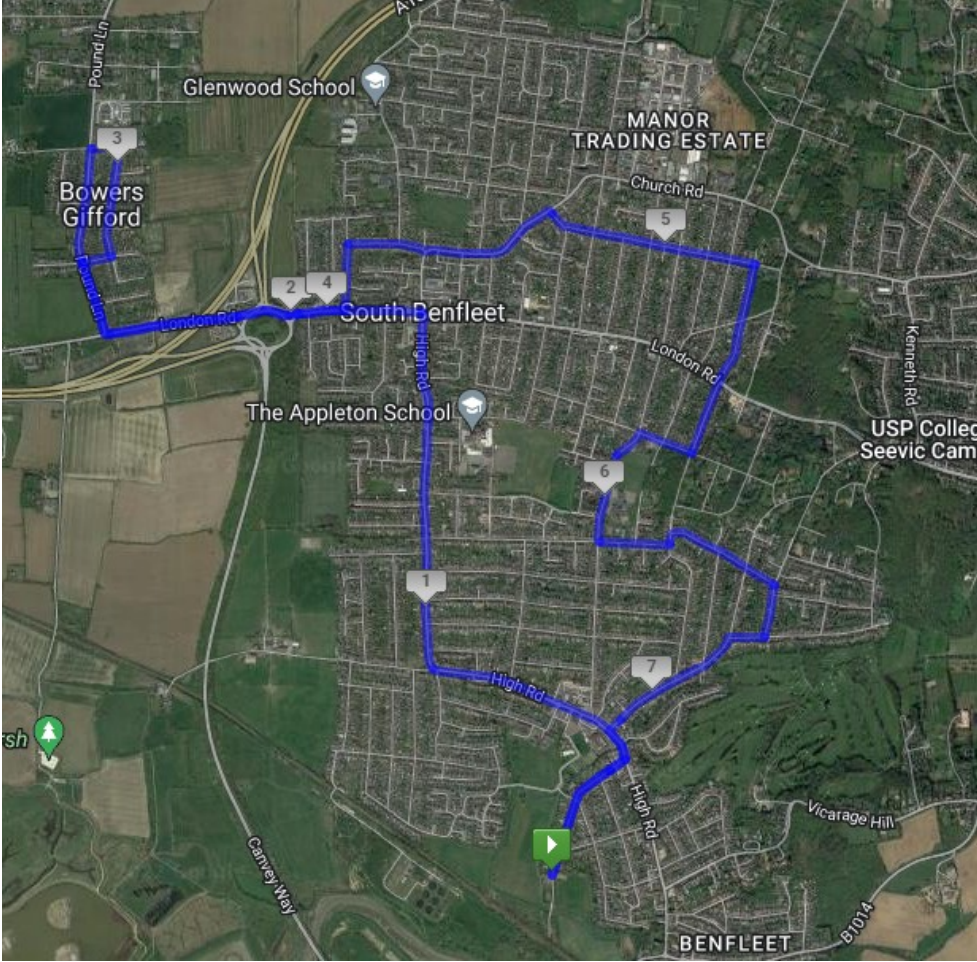


# BENFLEET RUNNING CLUB

## TRAINING MARCH 2022

<b>TUESDAY EFFORTS</b>	<b>1st</b>	<p><b>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK</b></p> <p>Using club loop, 8xFlying 30's/500M/800M/1,500M/800M/500M/8xFlying 30's</p> <p style="text-align: center;"><b>500m</b></p>  <p style="text-align: center;"><b>800m</b></p>  <p style="text-align: center;"><b>1500m</b></p>  <p><b>JAMES</b></p> <p><b>BOBBY</b></p>
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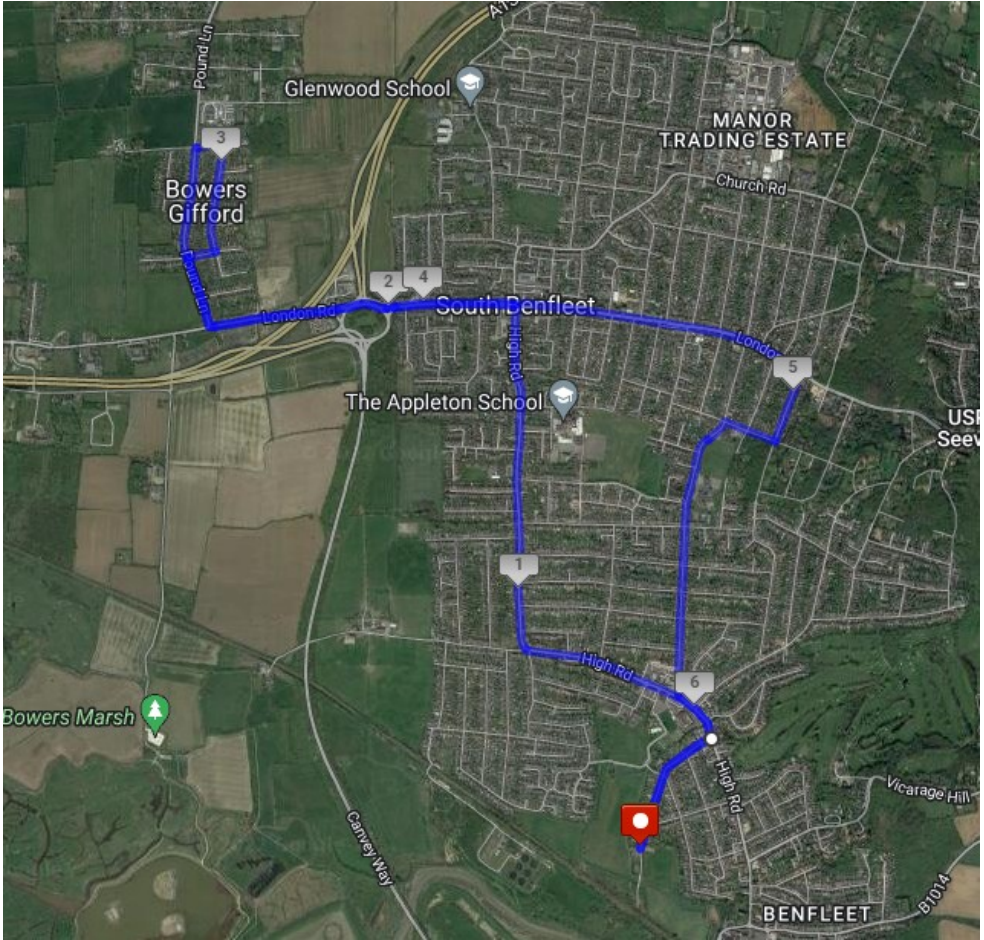
## BENFLEET RUNNING CLUB TRAINING MARCH 2022

<p><b>THURSDAY RUN</b></p>	<p><b>3rd</b></p>	<p style="text-align: center;"><b>7.5 MILES</b></p> <p>BROOK RD/ HIGH RD/A13/ OVER SADDLERS FARM/ LONDON RD/POUND LANE/PAGE RD/HIGHLANDS RD/CANVEY RD/POUND LANE/LONDON RD/BARTLEY RD/LOWER CHURCH RD/WAVERLEY RD/CHESTERFIELD RD/DOWNER RD N/BOWERS RD/KENTS HILL RD/CLIFTON AVE/CLARENCE RD/CLARENCE RDN/HILL RD/ UNDERHILL RD/ THUNDERSLEY PARK/ HIGH RD/BROOK RD</p>  <p style="text-align: center;"><b>SHORT ROUTE 6.4 MILES</b></p> <p>BROOK RD/ HIGH RD/A13/ OVER SADDLERS FARM/ LONDON RD/POUND LANE/PAGE RD/HIGHLANDS RD/CANVEY RD/POUND LANE/LONDON RD/ DOWNER ROAD/ BOWERS RD/ KENTS HILL RD/HIGH RD/BROOK RD</p>
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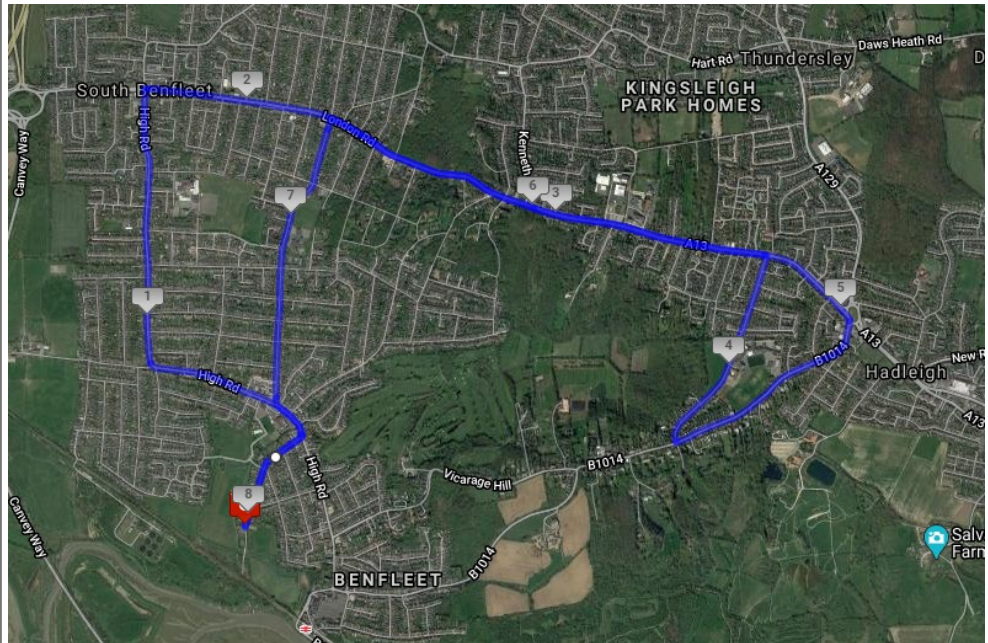
# BENFLEET RUNNING CLUB

## TRAINING MARCH 2022

		
<b>TUESDAY</b>	<b>8th</b>	<p><b>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK</b>  1 miles warm up/ 3-4 6 min efforts with 3 min standing recoveries/ 1 mile cool down using club loop.  <b>Followed by fish and chips</b></p> <p><b>JAMES</b></p> <p><b>BOBBY</b></p>
<b>THURSDAY RUN</b>	<b>10th</b>	<p>BROOK RD/HIGH RD/TARPOTS/BREAD AND CHEESE HILL/SHIPWRIGHTS DR/BENFLEET RD/KILN RD/BREAD ANDCHEESE HILL/KENTS HILL RD/CLUB <b>8 MILES</b></p>

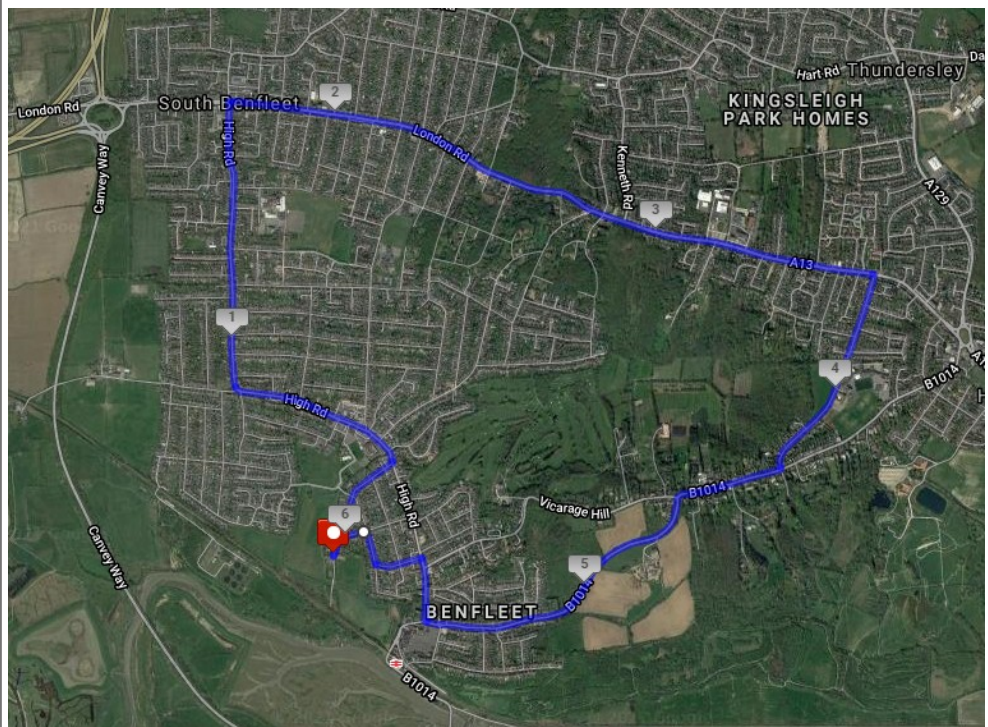
# BENFLEET RUNNING CLUB

## TRAINING MARCH 2022



### SHORTER ROUTE 6.1 MILES

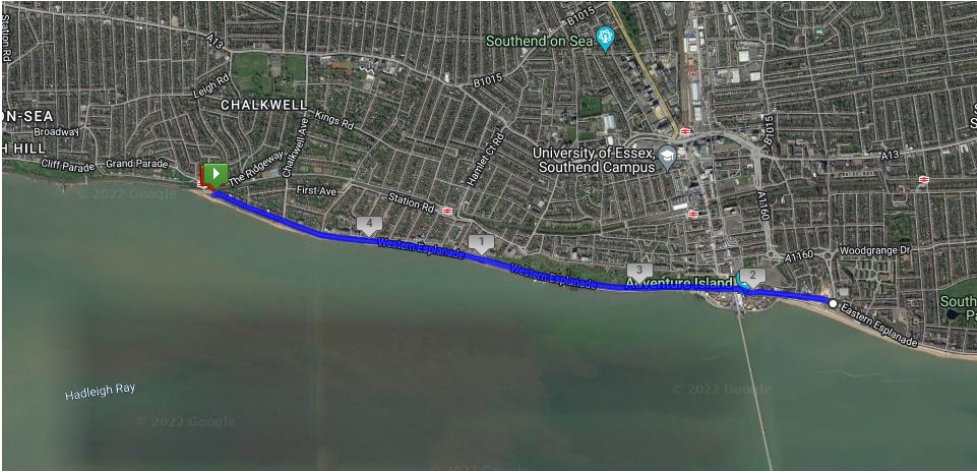
BROOK RD/HIGH RD/TARPOTS/BREAD AND CHEESE  
HILL/SHIPWRIGHTS DRIVE /BENFLEET RD/ESSEX WAY/CLUB





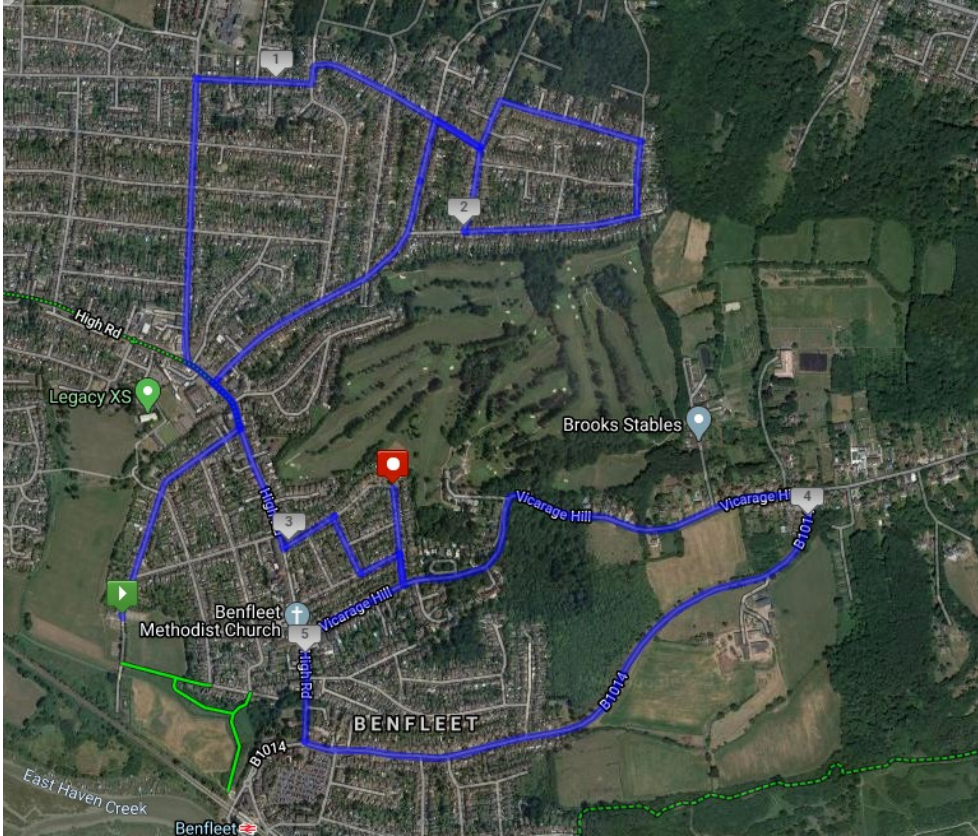
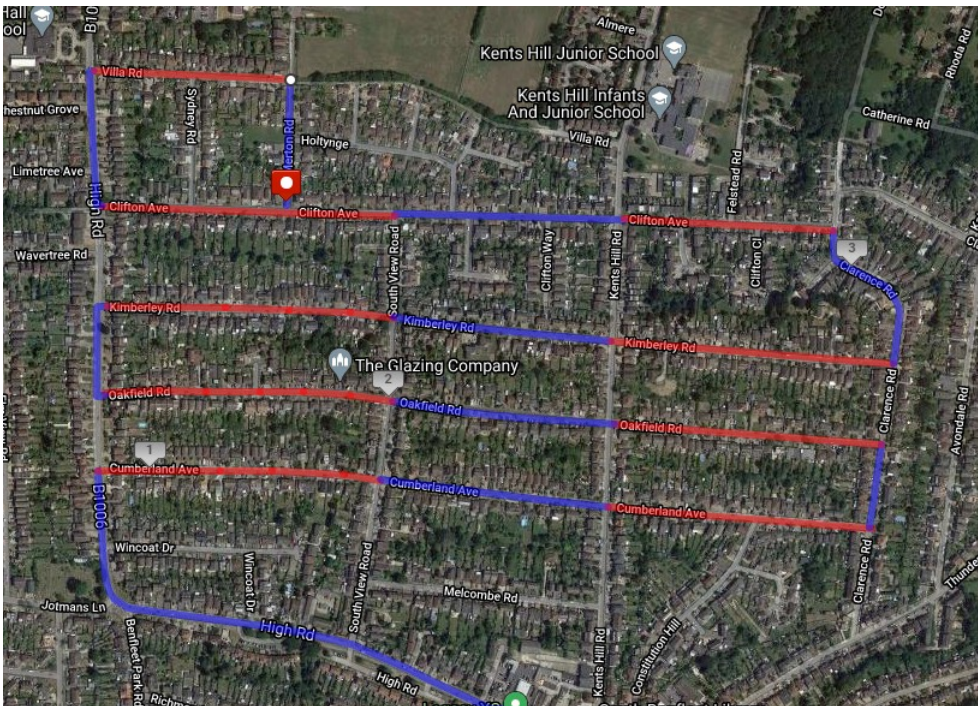
## **BENFLEET RUNNING CLUB**

### **TRAINING MARCH 2022**

<b>TUESDAY EFFORTS</b>	<b>15th</b>	<p><b>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK</b>  <b>HILL CIRCUITS – GREENWOOD AVE/SIDWELL AVE</b>  1 mile warm up/ 6-8 400M efforts with 400M recovery/ 1 mile cool down</p> <p><b>JAMES</b></p> <p><b>BOBBY</b></p>
<b>THURSDAY RUN</b>	<b>17th</b>	<p style="text-align: center;"><b>30 mins out and back along Southend sea front from Chalkwell station</b></p> 
<b>TUESDAY EFFORTS</b>	<b>22nd</b>	<p><b>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK</b>  <b>AGM at Little Havens SS7 2LH 7.00pm</b>  Please come along if you can.</p> <p><b>JAMES</b></p> <p><b>BOBBY</b></p>

# BENFLEET RUNNING CLUB

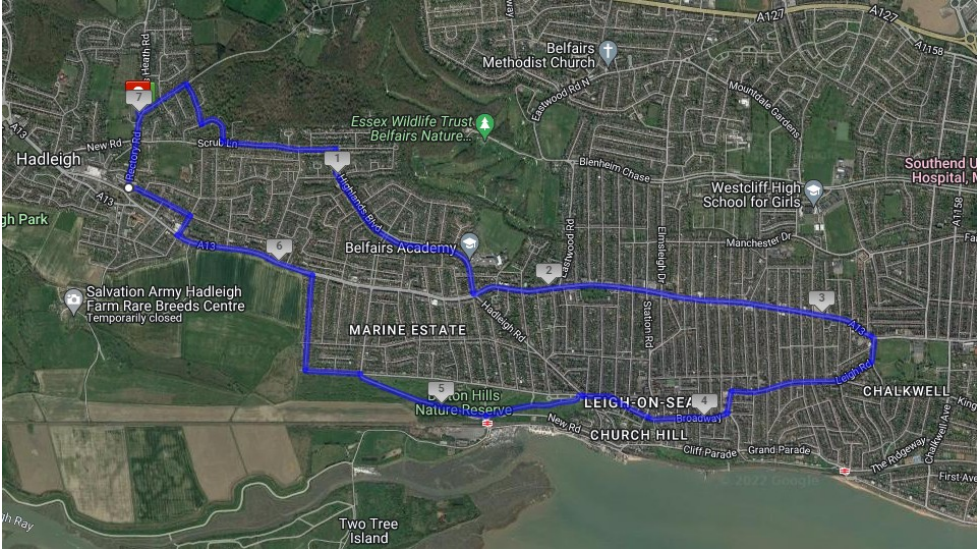
## TRAINING MARCH 2022

<p><b>THURSDAY RUN</b></p>	<p><b>24th</b></p>	<p><b>BALL BREAKER 5 MILES</b></p> 
<p><b>TUESDAY EFFORTS</b></p>	<p><b>29th</b></p>	<p><b>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK ZIG-ZAGS</b></p> 



# BENFLEET RUNNING CLUB

## TRAINING MARCH 2022

		<p><b>JAMES</b></p> <p><b>BOBBY</b></p>
<p><b>THURSDAY</b> <b>RUN</b></p>	<p><b>31st</b></p>	<p><b>RUN FROM JOHN BURROWS 7 MILES</b>            POORS LANE/SHEPHERDS WALK/GREENACRES/SCRUB            LANE/HIGHLAND BLVD/LONDON RD/LEIGH            RD/BROADWAY/BELTON WAY/MARINE PARADE/TATTERSALL            GDNS/LONDON RD/MEADOW RD/CHURCH RD/RECTORY WAY</p>  <p><b>SHORTER ROUTE 5.5 MILES</b>            POORS LANE/SHEPHERDS WALK/GREENACRES/SCRUB            LANE/HIGHLAND BLVD/LONDON RD/STATION            RD/BROADWAY/BELTON WAY/MARINE PARADE/TATTERSALL            GDNS/LONDON RD/MEADOW RD/CHURCH RD/RECTORY WAY</p>

# BENFLEET RUNNING CLUB

## TRAINING MARCH 2022

