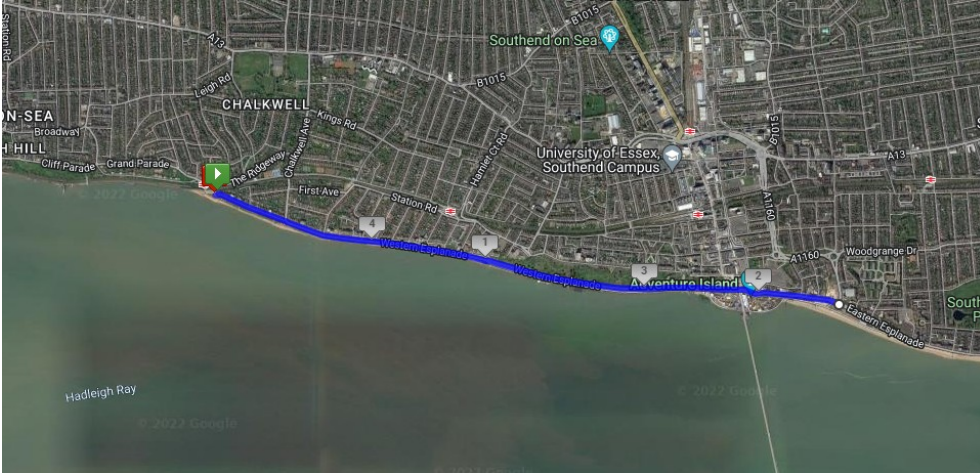
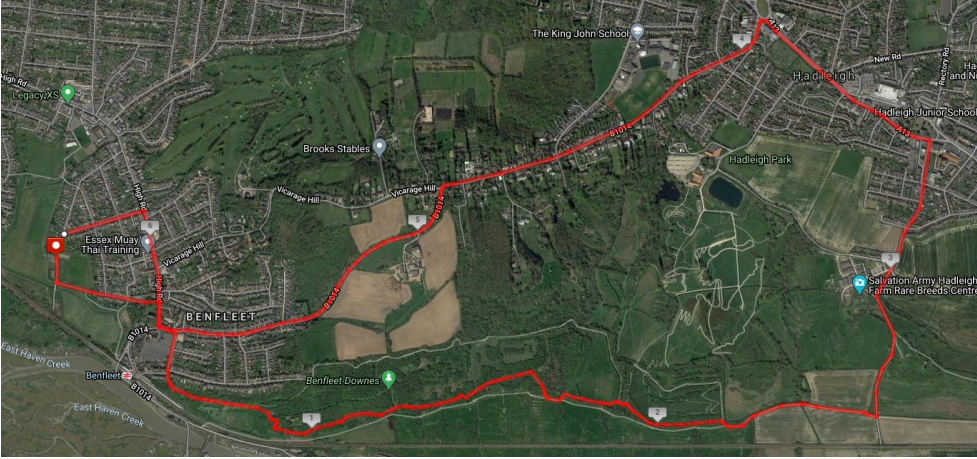

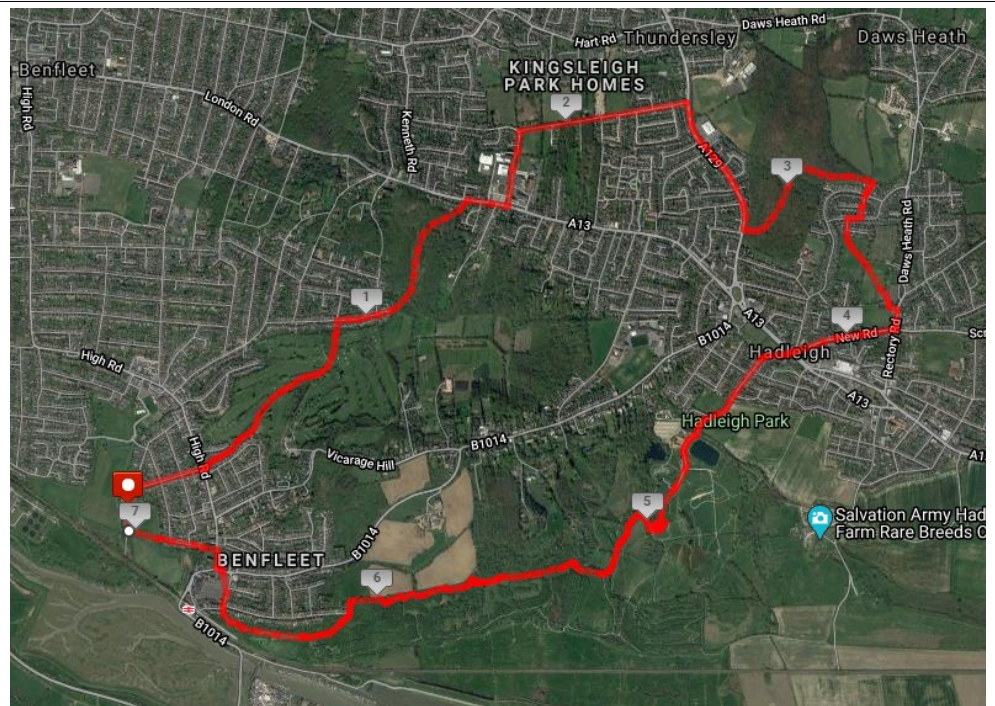


TUESDAY EFFORTS	5th	<p>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK 1 mile warm up 7 x 2 min efforts with diminishing recoveries (90/60/30/90/60/30 sec) 1 mile cool down using Fleet Road and Bird Estate</p> <p>JAMES</p> <p>BOBBY</p>
THURSDAY RUN	7th	<p>30 mins out and back along Southend sea front from Chalkwell station</p> 
TUESDAY EFFORTS	12th	<p>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK Essex Way hill efforts 2x1min/2x2min/2x3min/2x4min/ jog recovery back after each effort</p> <p>JAMES</p> <p>BOBBY</p>
THURSDAY RUN	14th	

BROOK RD/HIGH RD/A13/BREAD AND CHEESE/SHIPWRIGHTS
DR/BENFLEET RD/ESSEX WAY/CLUB

TUESDAY EFFORTS	19th	DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK Canvey sea wall Efforts going out 2/3/4/3/2 min efforts with 1/1.30/2/1.30/1 min jog recovery coming back 1 min efforts with 30 sec jog recovery JAMES BOBBY
THURSDAY RUN	21st	BROOK RD/HOPE RD/HIGH RD/SCHOOL LANE/LOWER GRAVELPATH ON DOWNS/CASTLE LANE/ A13/ BENFLEET RD/ESSEX WAY /CLUB 6.3 MILES  SHORTER ROUTE 4.1 MILES BROOK RD/HOPE RD/HIGH RD/SCHOOL LANE/UPPER GRAVEL PATH ON DOWNS/ LEFT ONTO PATH LEADING TO SHIPWRIGHTS HILL/BENFLEET RD/ ESSEX WAY/CLUB 

TUESDAY EFFORTS	26th	DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK OFF ROAD. From 3 way sign on gravel path in Downs, 3, 7 minute efforts with 3.5 min standing recovery, using upper gravel path. JAMES BOBBY
THURSDAY RUN	29th	HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATHTHROUGH GLEN/X A13/RUNNYMEADE CHASE/THECHASE/RAYLEIGHRD/WESTWOOD/ UP THROUGH JOHN BURROUGHS/NEW RD/ X A13/CHAPEL LANE/UPPER GRAVEL PATH (PARK RUN ROUTE)/SCHOOL LANE/CLUB 7.1 MILES



SHORTER ROUTE 4.3 MILES

HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATH THROUGH GLEN/SHIPWRIGHTS DR/ (IF LIGHT IS FAILLING TAKE BENFLEET RD/ESSEX WAY BACK TO CLUB) OR X BENFLEET RD/ DOWN FOOTPATH TO SHIPWRIGHTS HILL/UPPER GRAVEL PATH(PARK RUN ROUTE)/SCHOOL LANE/CLUB

