

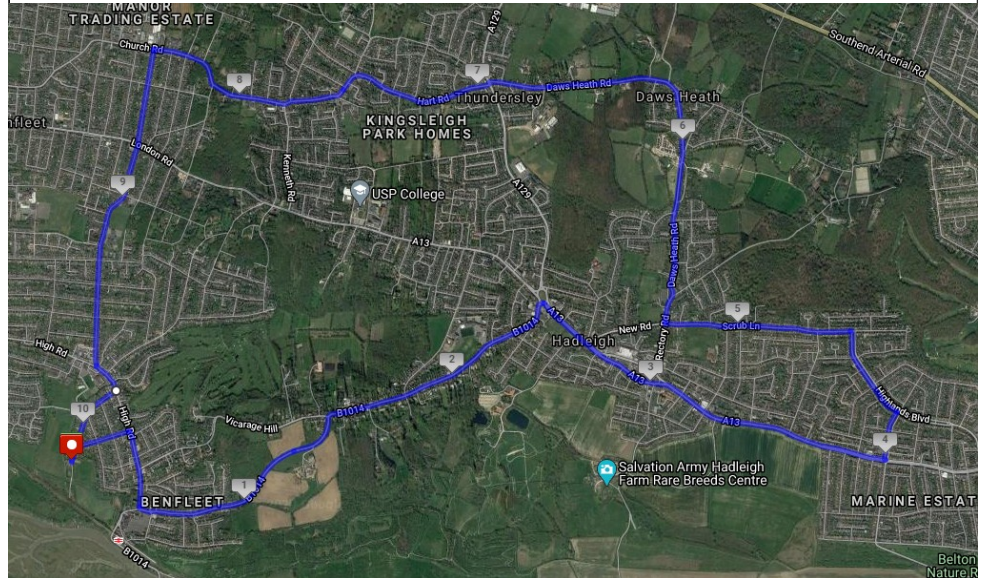
**Benfleet Running Club
Training Plan
September 2022**

**THURSDAY
RUN**

1st

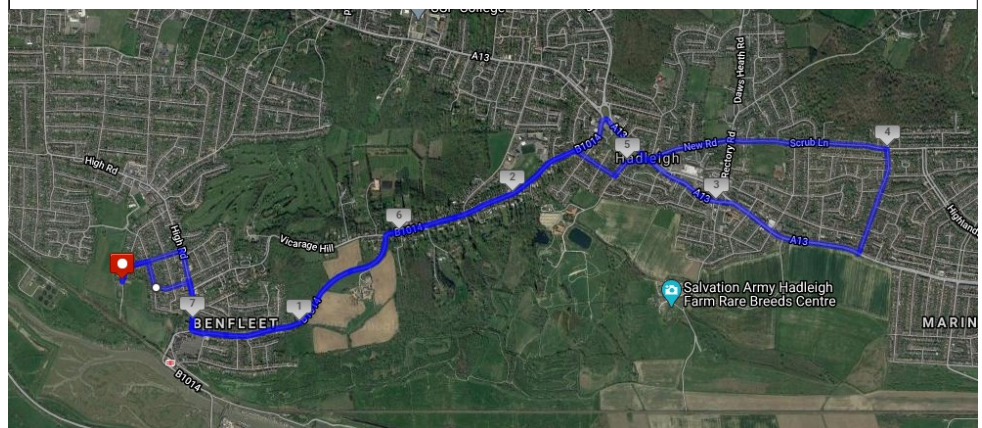
LONG ROUTE 10.1 MILES

HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13
SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/DAWS
HEATH RD/HART RD/CHURCH RD/KENTS HILL NORTH/KENTS
HILL/HIGH RD/BROOK RD.



MEDIUM ROUTE 7.5 MILES

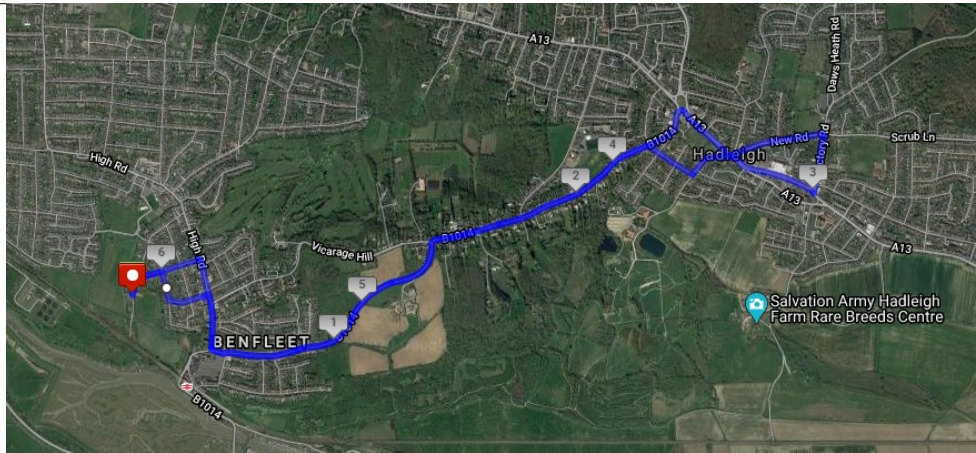
HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13
SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/NEW
RD/CHAPEL LANE/ST JOHNS RD//BENFLEET RD/ESSEX
WAY/HIGH RD/HALL FARM RD/FLEET RD/CLUB



SHORT ROUTE 6.1 MILES.

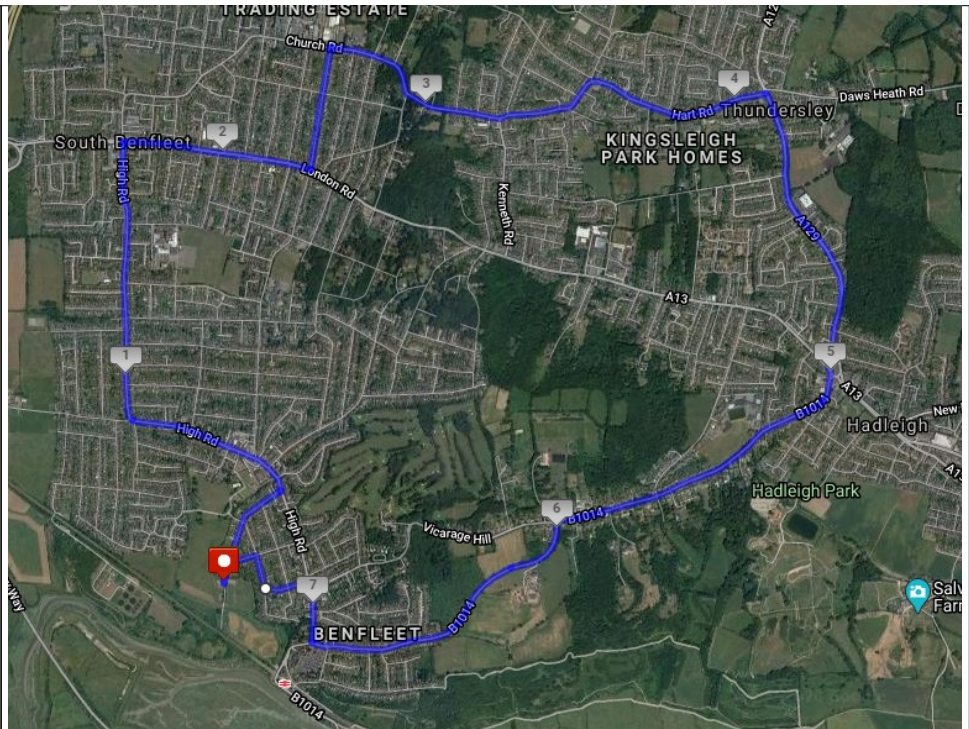
HOPE RD/HIGH RD/ ESSEX WAY/ BENFLEET RD/A13/RECTORY
RD NEW RD/ST JOHNS RD/CHAPEL
LANE/A13/SHIPWRIGHTS/BENFLEET RD/ESSEX WAY/HIGH
RD/HALL FARM RD/FLEET RD/CLUB

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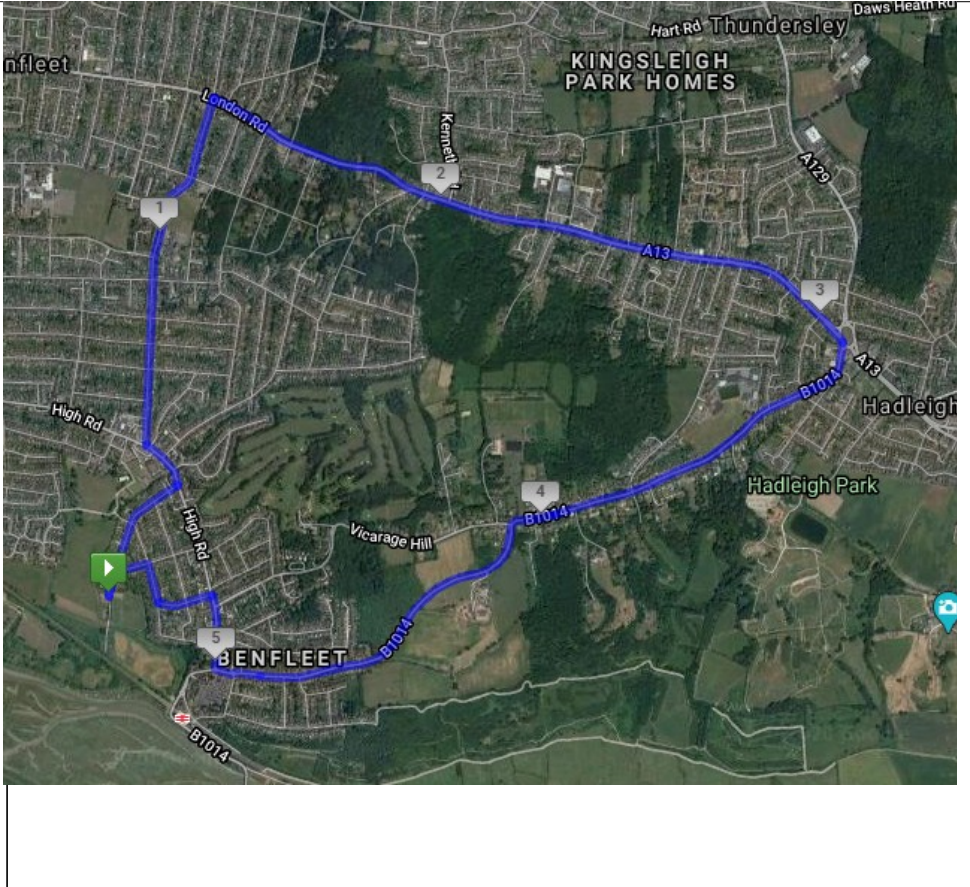
TUESDAY EFFORTS	6th	<p>1, DUNCAN, IAN, MATT AND ANN 1 mile w/u/ 7 x 2 min efforts with variable recovery Fleet Rd/ 1 mile c/d</p> <p>2, JAMES</p> <p>3, BOBBY'S RUN</p>
THURSDAY RUN	8th	<p>BROOK RD/HIGH RD/TARPOTS/LONDON RD/KENTS HILL NORTH/CHURCH RD/HART RD/RAYLEIGH RD/VICHOUSE/BENFLEET RD/ESSEX WAY/FLEET ROAD/BROOK RD 7.4 MILES</p>

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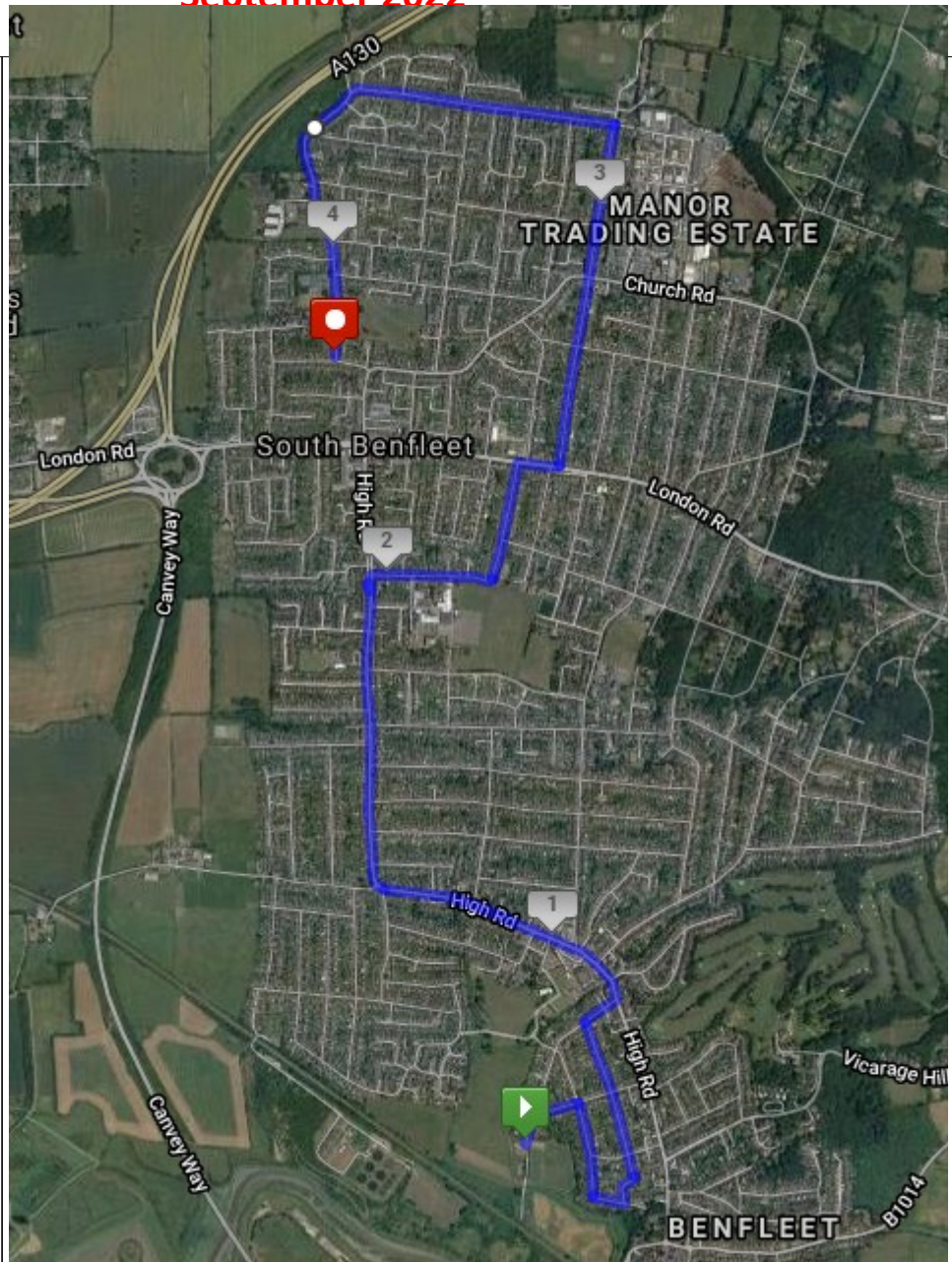


SHORTER ROUTE 5.2 MILES
BROOK RD/KENTS HILL SOUTH/BREAD AND CHEESE/KILN
RD/SHIPWRIGHTS DR/BENFLEET RD/ESSEX WAY/CLUB

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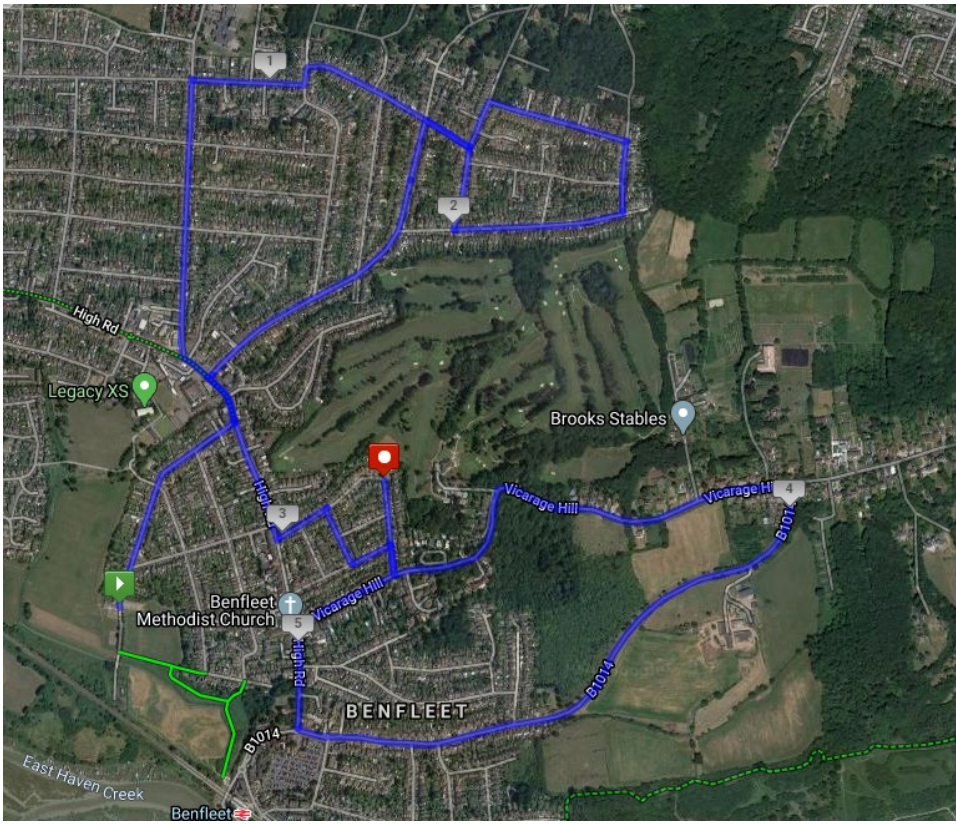
		
<p>TUESDAY EFFORTS</p>	<p>13th</p>	<p>1, DUNCAN, IAN, MATT AND ANN Duncan’s “Happy Hour” 10 minute warm up. Efforts up Vicarage Hill, regroup at top by water tower, recovery jog down. Continue for 40 mins 10 minute cool down.</p> <p>2, JAMES</p> <p>3, BOBBY’S RUN</p>
<p>THURSDAY RUN</p>	<p>15th</p>	<p>25 MINS OUT AND THEN BACK BROOK RD/HOPE RD/FLEET RD/HALL FARM RD/BROOK RD/HIGH RD/CROFT RD/NEW PARK ROAD/CAREFULLY CROSS A13/MANOR RD/WOODSIDE AVE/RUSHBOTTOM LANE/CHURCH RD/GOOD LUCK TO YOU IF YOU GET ANY FURTHER</p>

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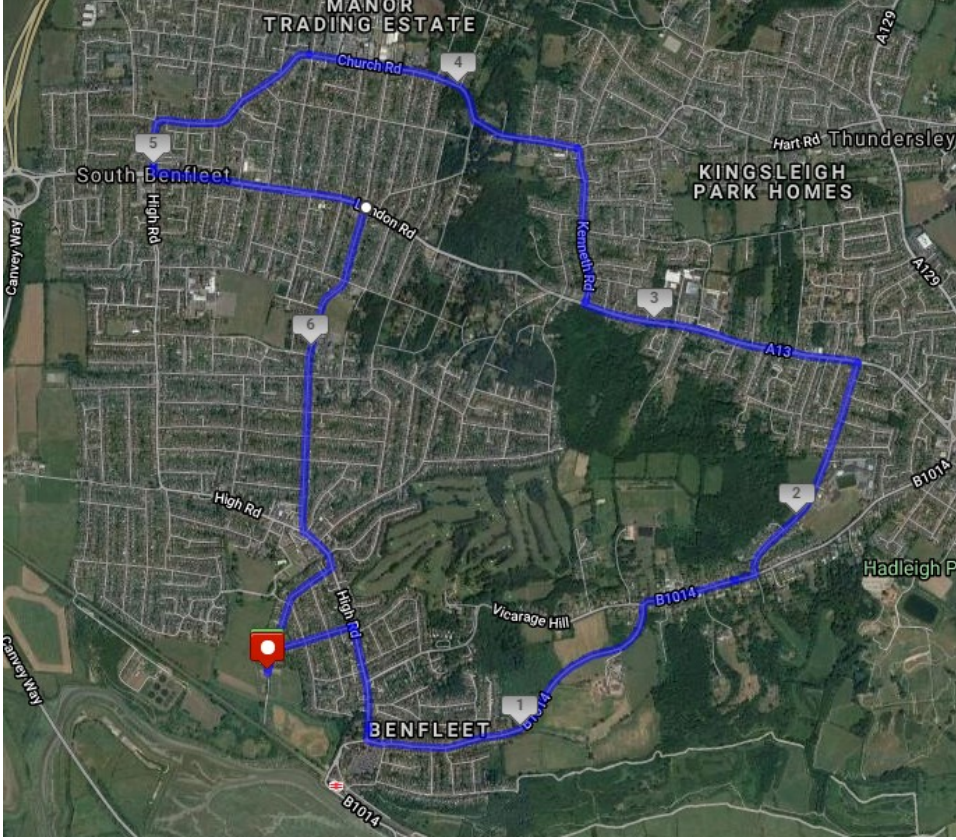


<p>TUESDAY EFFORTS</p>	<p>20th</p>	<p>1, DUNCAN, IAN, MATT AND ANN Bird Estate 1 mile w/u/ 600M/800M/1000M/600M/800M/1000M Efforts with 2/2.30/3 /2/2.30 min recoveries/ 1 mile c/d</p> <p>2, JAMES</p>

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		3, BOBBY'S RUN
THURSDAY RUN	22nd	BALL BREAKER 5.2 MILES 

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<p>TUESDAY EFFORTS</p>	<p>27th</p>	<p>1, DUNCAN, IAN, MATT AND ANN Greewood Ave, Sidwell Ave 1 mile w/u/ 400M x 6/8 Hill Efforts/ 1 mile c/d</p> <p>2, JAMES</p> <p>4, BOBBY'S RUN</p>
<p>THURSDAY RUN</p>	<p>29th</p>	<p>HOPE RD/HIGH RD/ESSEX WAY/SHIPWRIGHTS DR/KILN RD/KENNETH RD/CHURCH ROAD/TARPOTS/KENTS HILL SOUTH/BROOK RD. 7 MILES</p>  <p>SHORTER ROUTE 5.2 MILES HOPE RD/HIGH RD/ESSEX WAY/SHIPWRIGHTS DR/KILN RD/BREAD AND CHEESE/KENTS HILL SOUTH/BROOK ROAD</p>

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