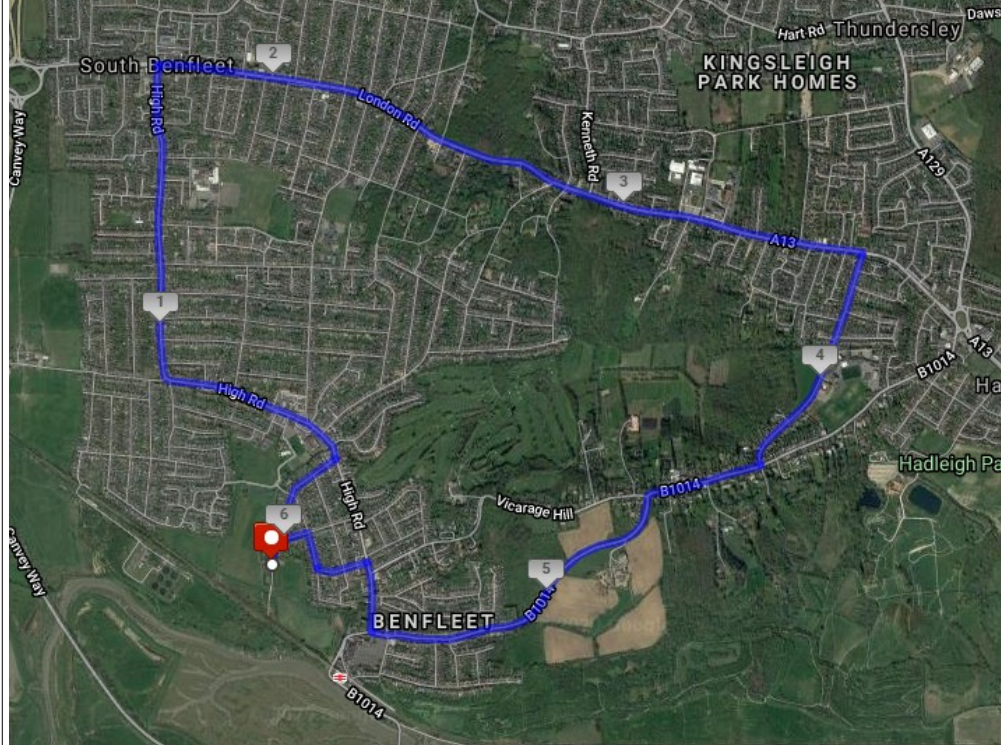


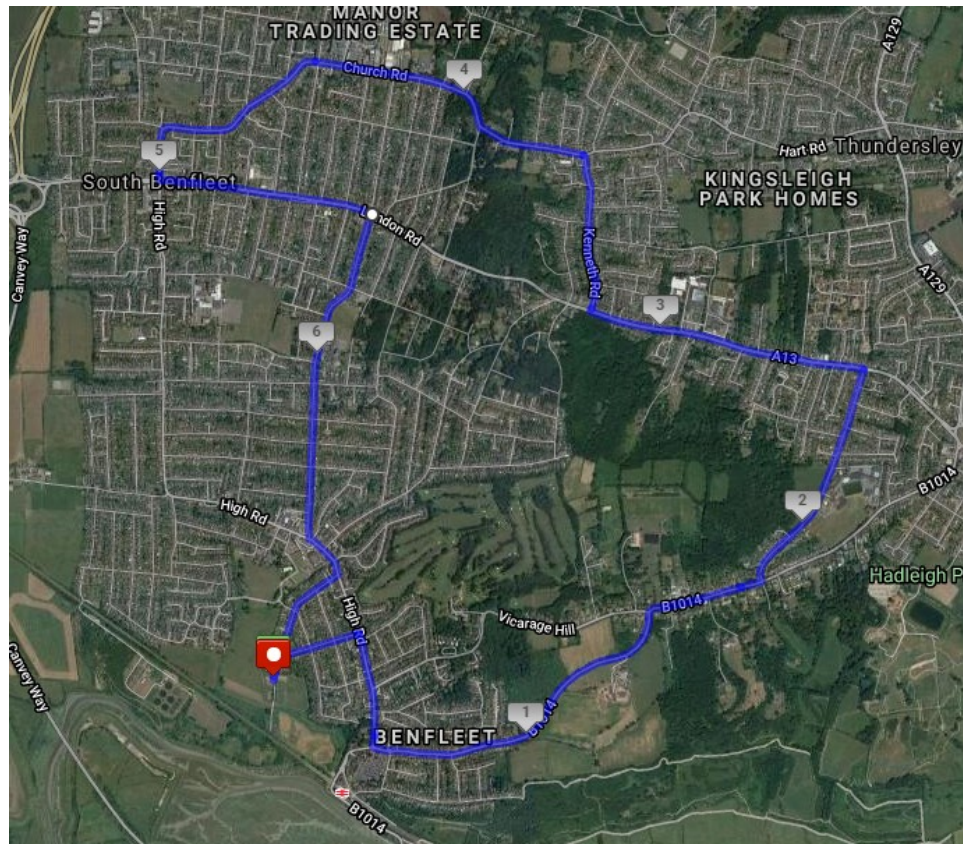
**Benfleet Running Club
Training November 2022**

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



<p>TUESDAY EFFORTS</p>	<p>8th</p>	<p>DUNCAN, IAN, MATT AND ANN Essex Way hill efforts 2x1min/2x2min/2x3min/2x4min/ jog recovery back after each effort</p> <p>JAMES</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>10th</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>

Benfleet Running Club Training November 2022

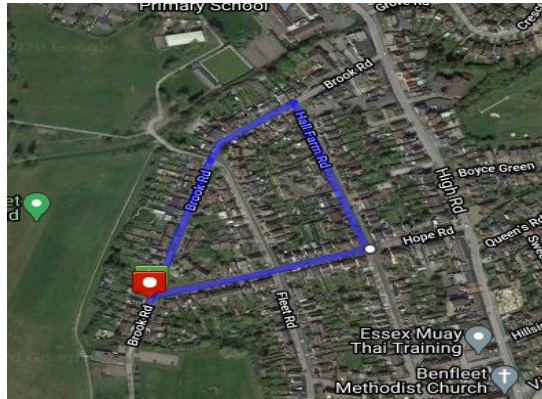


SHORTER ROUTE 5.2 MILES

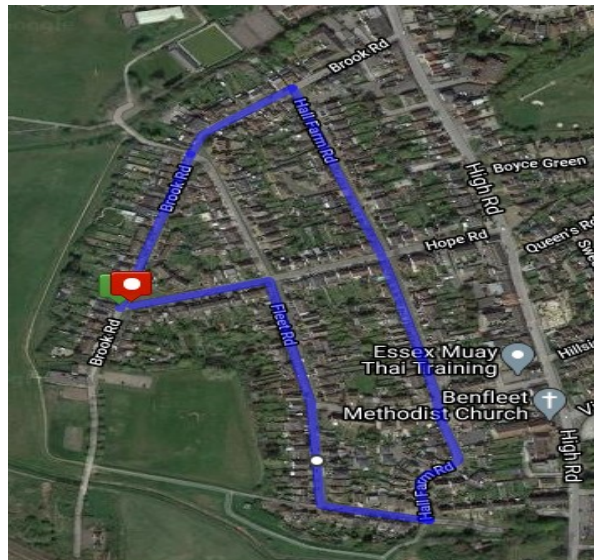
HOPE RD/HIGH RD/ESSEX WAY/SHIPWRIGHTS DR/KILN RD/BREAD AND CHEESE/KENTS HILL SOUTH/BROOK ROAD

Benfleet Running Club Training November 2022

800M



1500M



JAMES

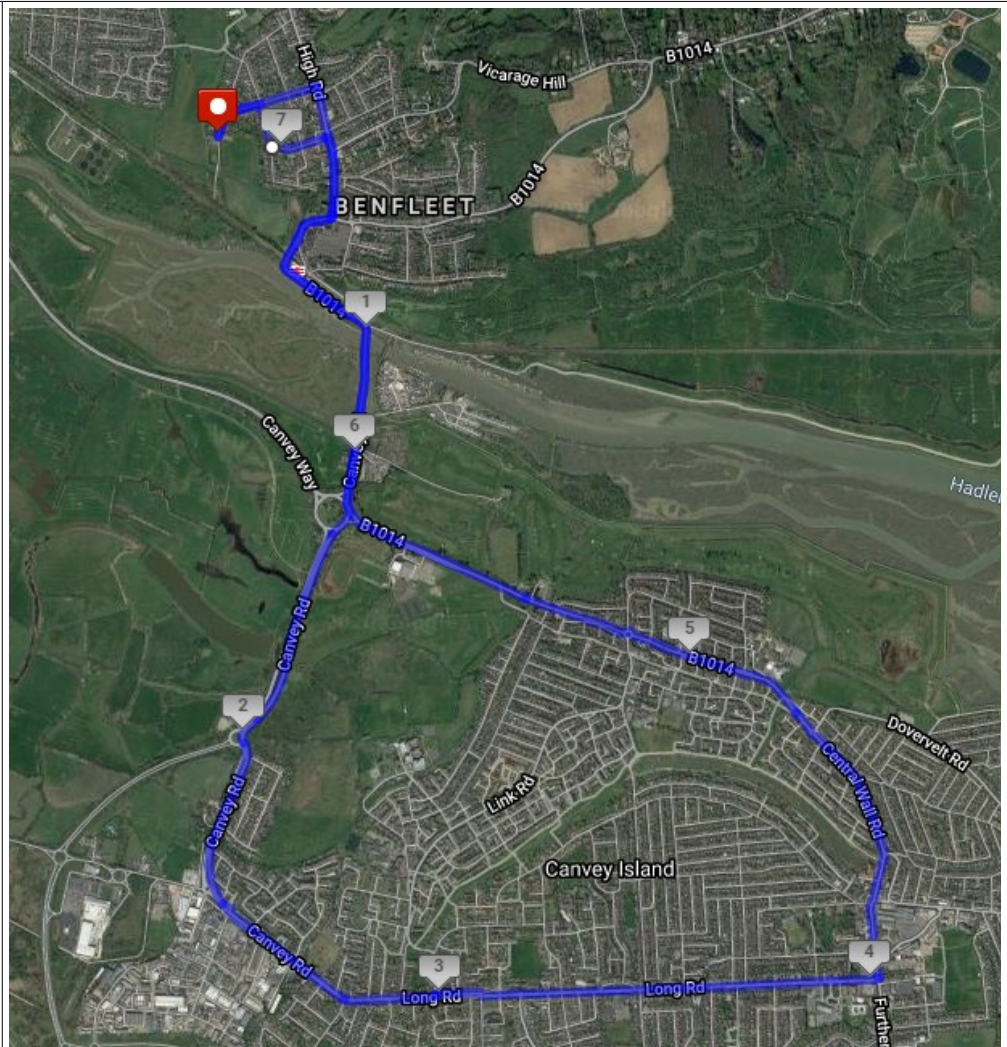
BOBBY

**THURSDAY
RUN**

17th

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

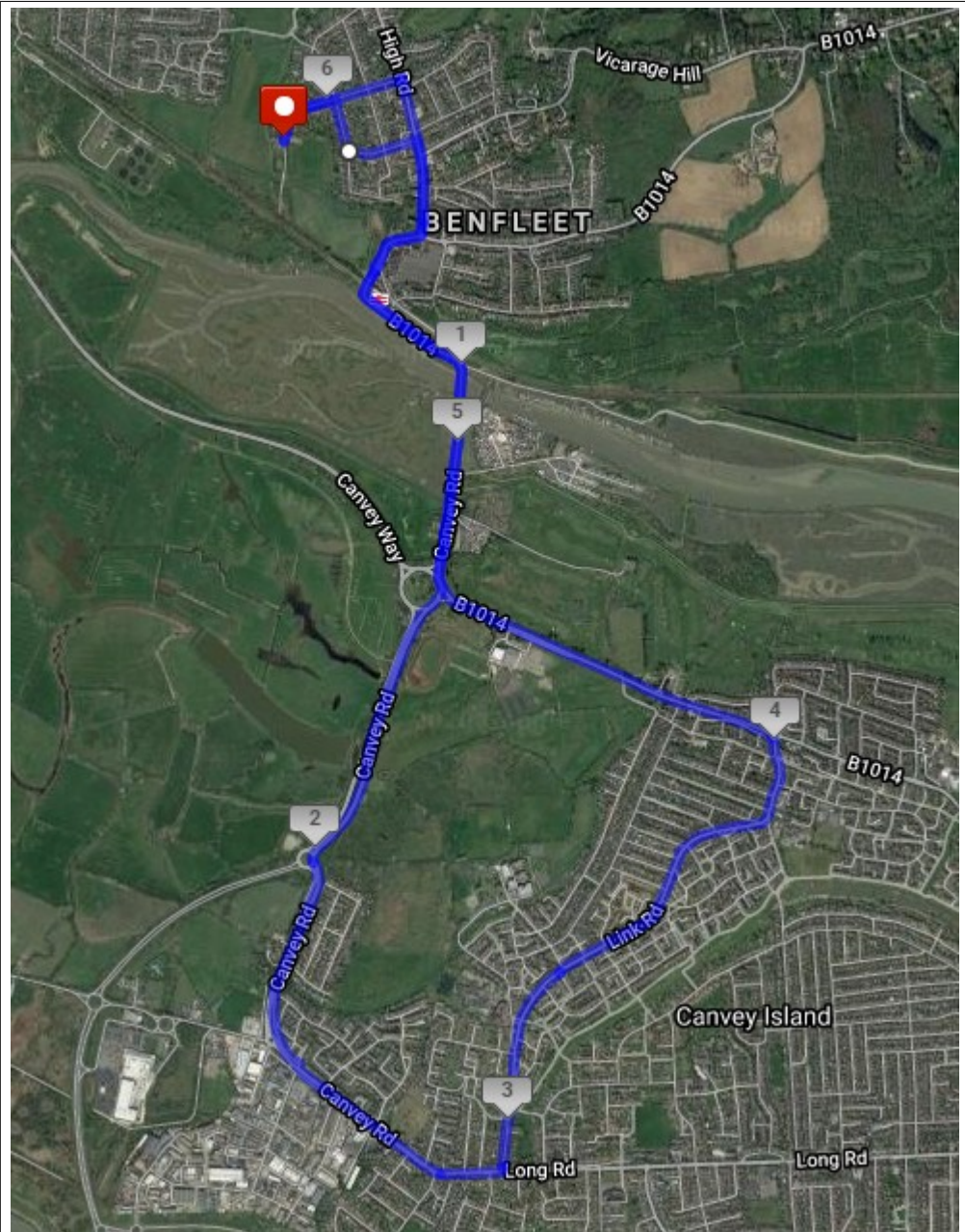
**Benfleet Running Club
Training November 2022**



SHORTER ROUTE 6.1 MILES

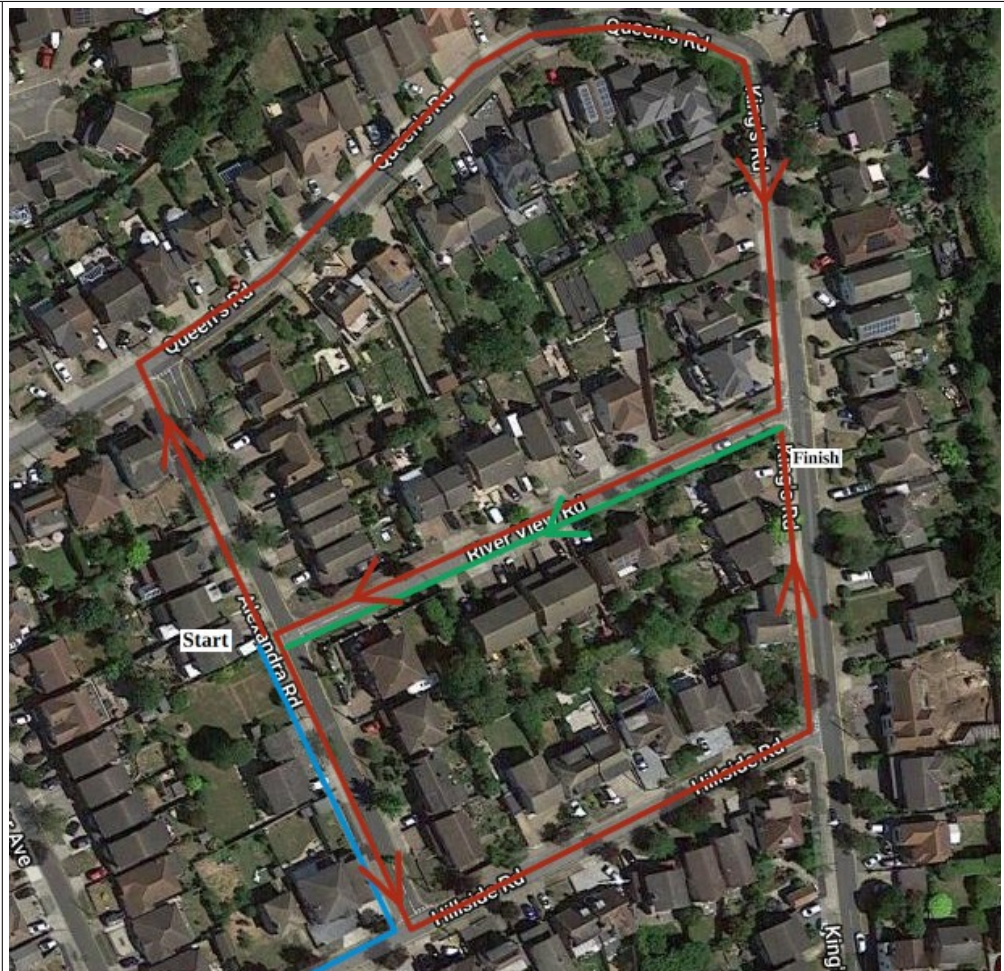
HOPE RD/HIGH RD/CANVEY RD/LONG RD/NEW ROAD/LINK RD/SOMNES AVE/CANVEY RD/HIGH RD/GREEN RD/FLEET RD/CLUB

**Benfleet Running Club
Training November 2022**



<p>TUESDAY EFFORTS</p>	<p>22nd</p>	<p>DUNCAN, IAN, MATT AND ANN 1 mile warm up/ 3 small and 2 large figure of 8 circuits with 2 and 3 min recoveries/ 1 mile cool down</p>
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**Benfleet Running Club
Training November 2022**

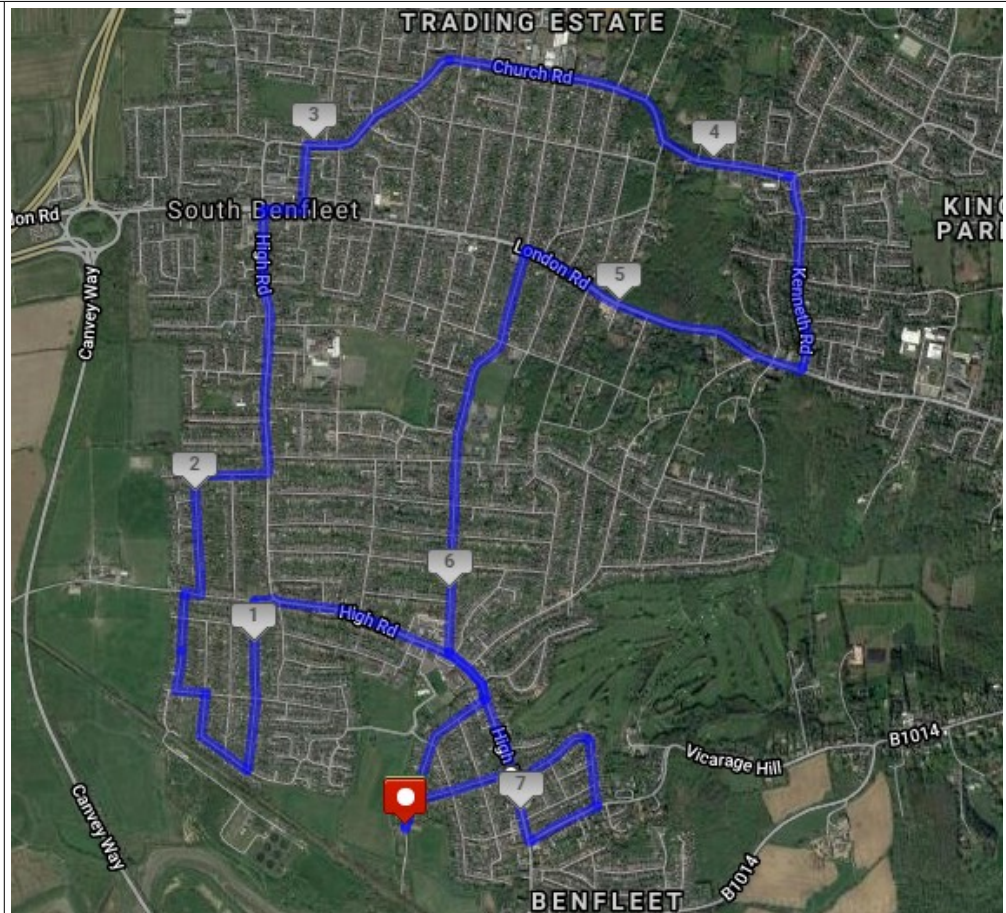


JAMES

BOBBY

THURSDAY RUN	24th	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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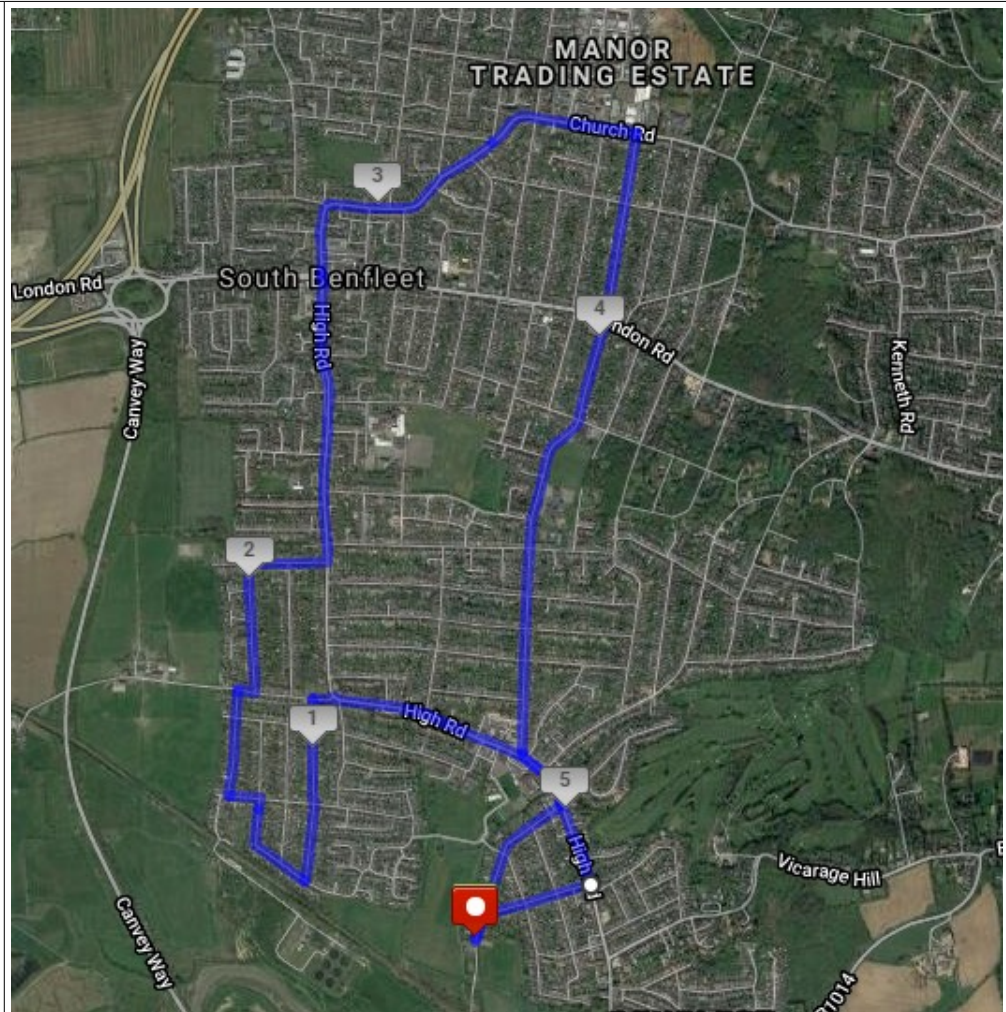
**Benfleet Running Club
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SHORTER ROUTE 5.3 MILES

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 2022**



**TUESDAY
EFFORTS**

29th

DUNCAN, IAN, MATT AND ANN

Downhill Efforts (for a change)

Using Sidwell and Greenwood, opposite direction from normal 8x400M

JAMES

BOBBY