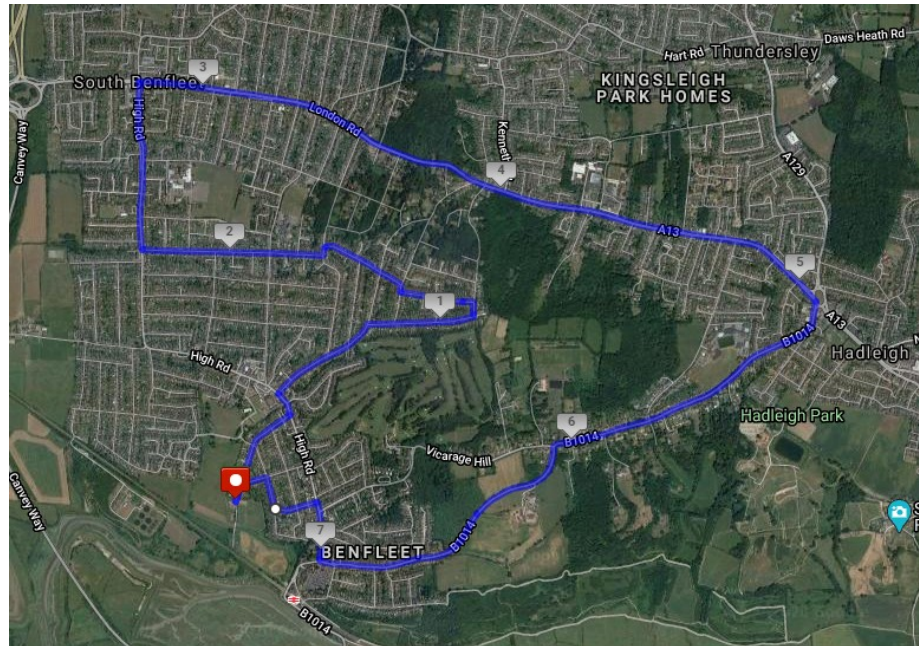


# BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

**THURSDAY  
RUN**

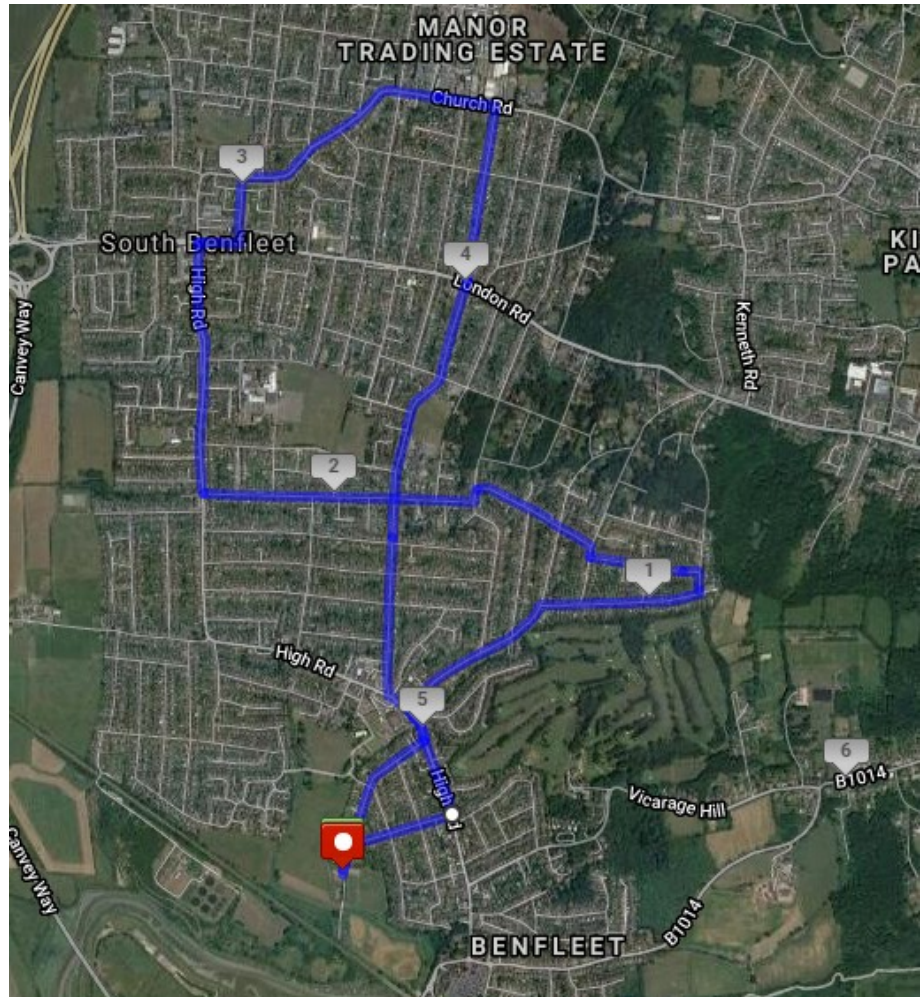
**1st**

**BROOK RD/HIGH RD/THUNDERSLY PARK  
RD/UNDERHILL/MOUNT RD/FERNLEA RD/HILL RD/CLARENCE  
RD /CLIFTON AVE/HIGH RD/A13/BREAD AND CHEESE/KILN RD/  
BENFLEET RD/ESSEX WAY/CLUB 7.5 MILES**



## BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

**SHORTER ROUTE 5.3 MILES**  
 BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL  
 /MOUNT RD/FERNLEA RD/HILL RD/CLARENCE RD N/  
 CLIFTON AVE/HIGH RD/TARPOTS/CHURCH RD/KENTS HILL/  
 CLUB

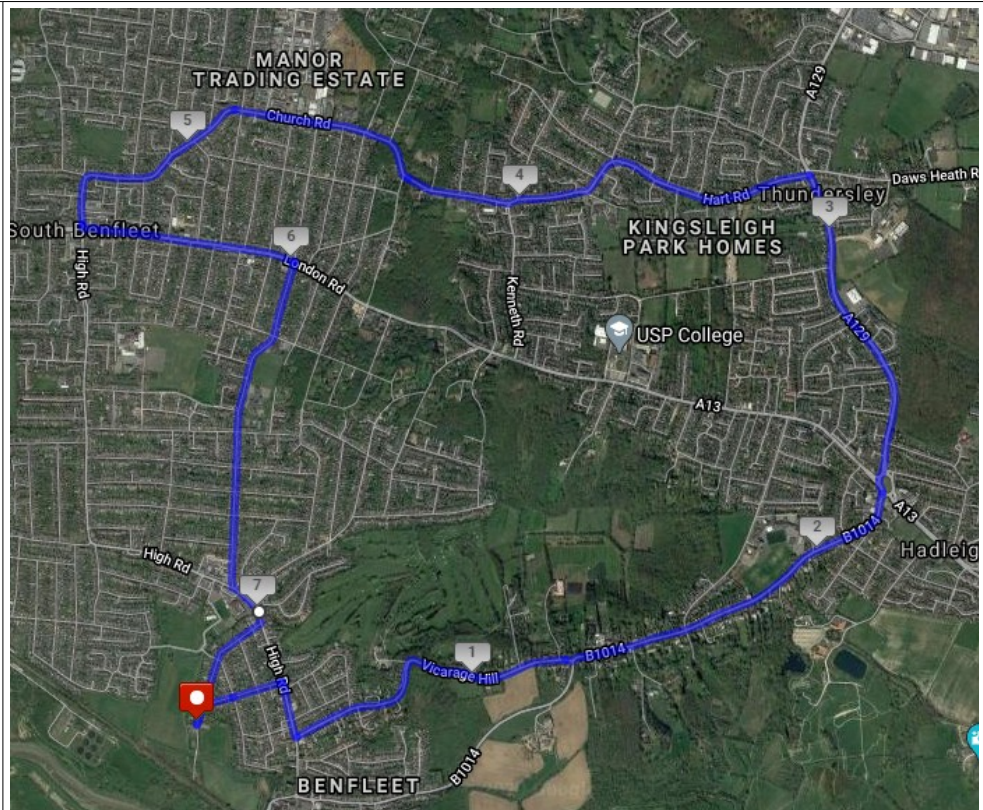


<p><b>TUESDAY EFFORTS</b></p>	<p><b>6th</b></p>	<p><b>DUNCAN, IAN, GRAHAM AND ANN ZIG-ZAGS</b></p>
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# BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

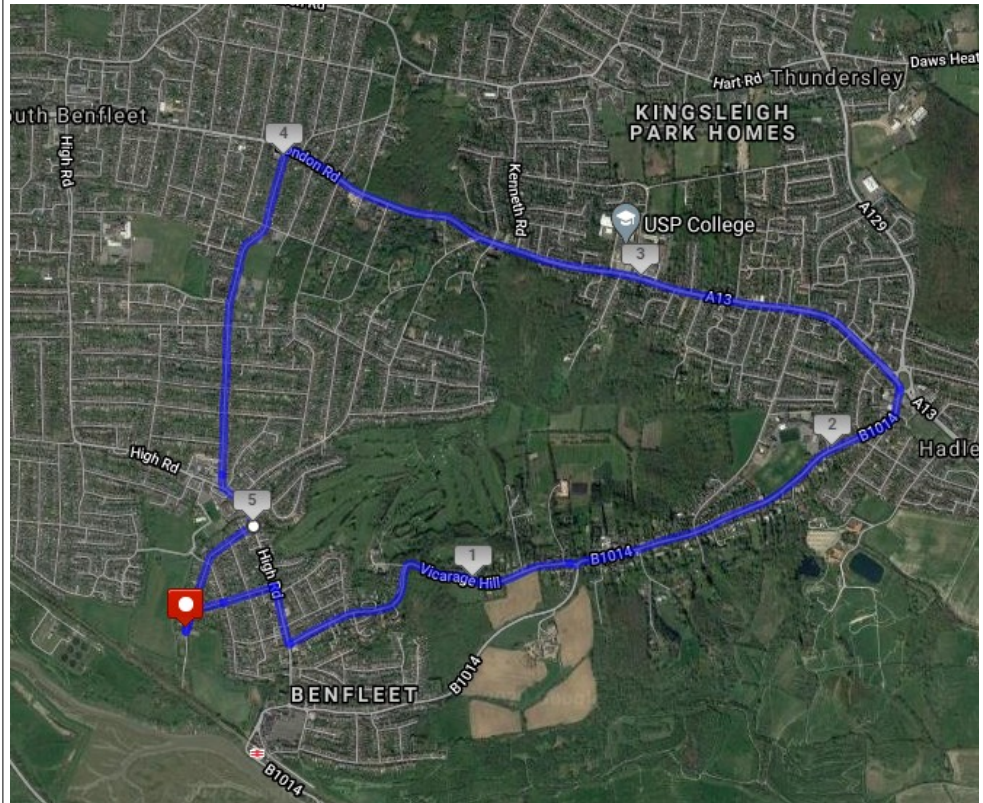
	 <p><b>JAMES</b></p> <p><b>BOBBY</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>8th</b> HOPE RD/ HIGH RD/VICARAGE HILL/ BENFLEET RD/RAYLEIGH RD/HART RD/CHURCH RD/TARPOTS/A13/KENTS HILL RD/HIGH RD/BROOK RD. <b>7.35 MILES</b></p>

# BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

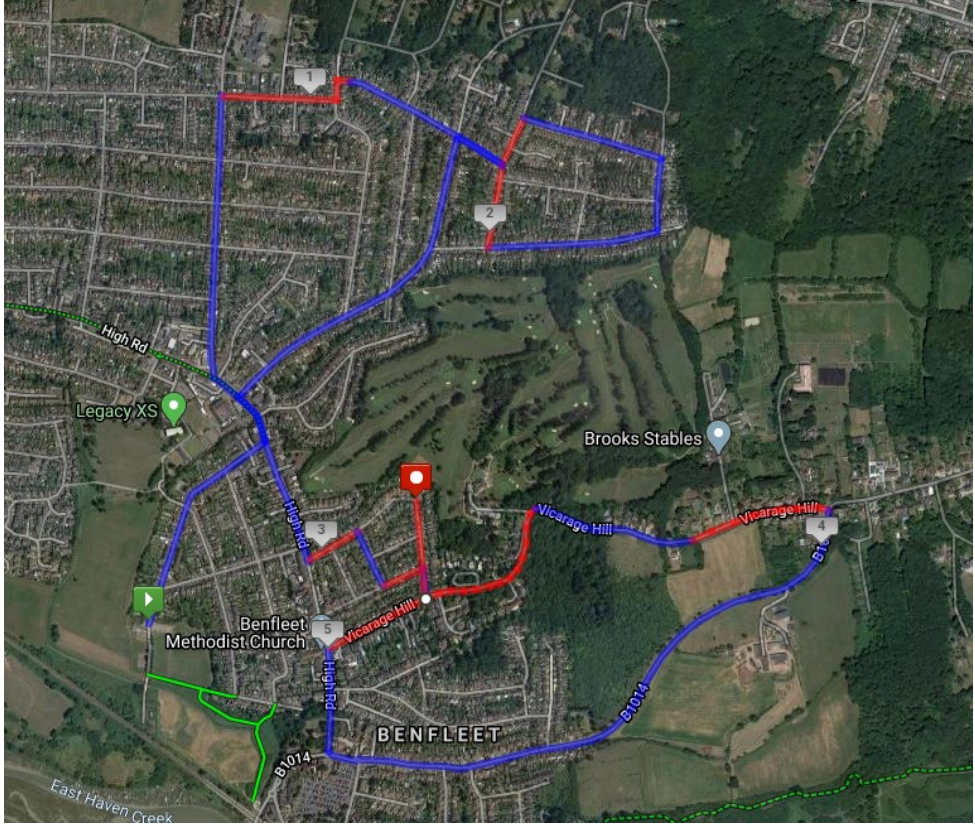


## SHORTER ROUTE 5.3 MILES

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/BREAD  
AND CHEESE/KENTS HILL RD/HIGH RD/ BROOK RD



## BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

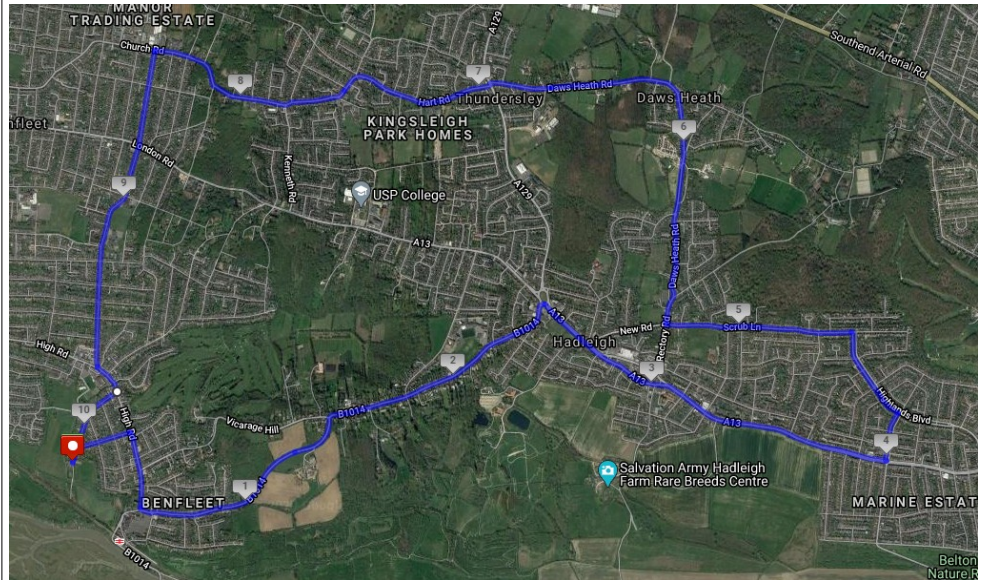
<p><b>TUESDAY EFFORTS</b></p>	<p><b>13th</b></p>	<p><b>DUNCAN, IAN, GRAHAM AND ANN</b>  <b>BALL BREAKER</b> efforts on every hill</p>  <p><b>JAMES</b></p> <p><b>BOBBY</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>15th</b></p>	<p><b>25 MINUTES OUT AND BACK</b>          BROOK RD/HOPE RD/FLEET RD/HALL FARM RD/BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL NORTH/CHURCH RD/MANOR RD/WOODSIDE AVE/RUSH BOTTOM LANE</p>

## BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

<p><b>TUESDAY EFFORTS</b></p>	<p>20th</p>	<p><b>DUNCAN, IAN, GRAHAM AND ANN</b>  <b>The Mince Pie Effort Session</b>            7 x 2 minute efforts with diminishing recovery, using Fleet Rd</p> <p><b>JAMES</b></p> <p><b>BOBBY</b></p>
<p><b>THURSDAY RUN</b></p>	<p>22nd</p>	<p><b>LONG ROUTE 10.1 MILES.</b>            HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/DAWS HEATH RD/HART RD/CHURCH RD/KENTS HILL</p>

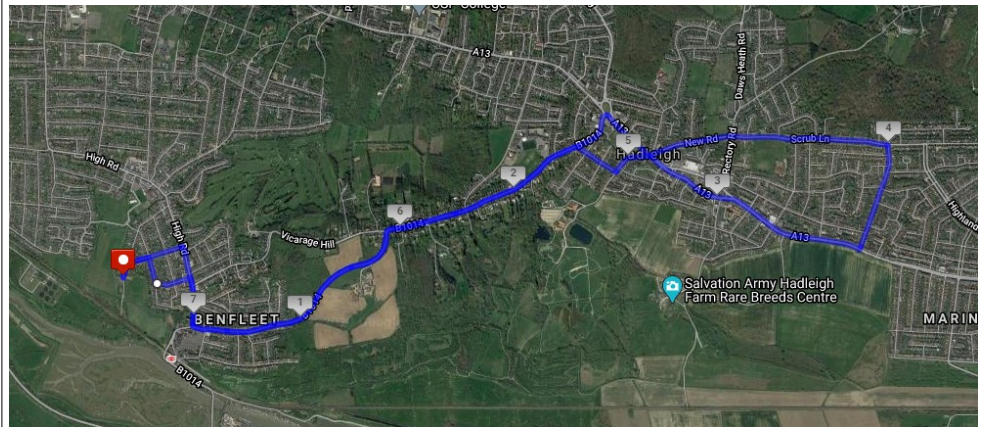
# BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

## NORTH/KENTS HILL/HIGH/RD/BROOK RD.



### **MEDIUM ROUTE 7.5 MILES**

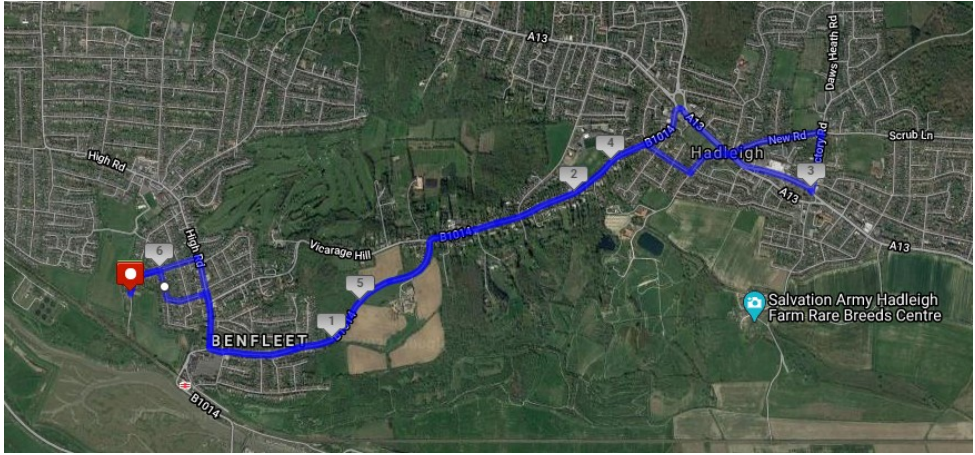
HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13  
SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/NEW  
RD/CHapel LANE/ST JOHNS RD//BENFLEET RD/ESSEX  
WAY/HIGH RD/HALL FARM RD/FLEET RD/CLUB



### **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

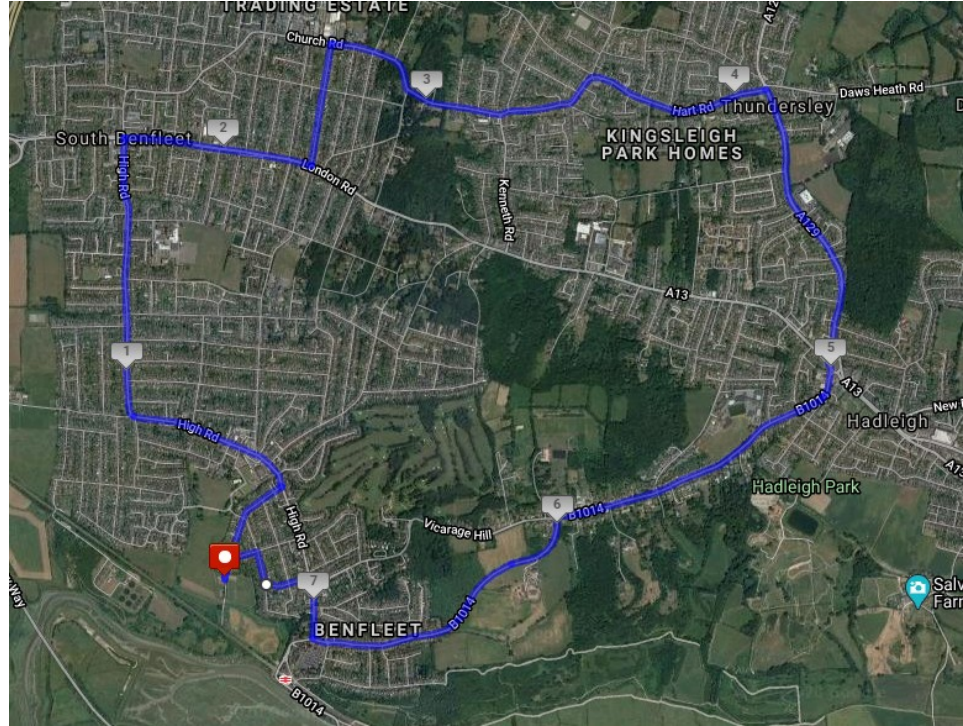
# BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

		
<p><b>TUESDAY EFFORTS</b></p>	<p><b>27th</b></p>	<p><b>DUNCAN, IAN, GRAHAM AND ANN</b>  <b>Duncan’s “Happy Hour”</b>          10 minute warm up.          40 minutes continuous running using either Essex Way- Vicarage Hill loop or Bread and Cheese – Church Road Loop.          10 minute cool down.</p> <p><b>JAMES</b></p> <p><b>BOBBY</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>29th</b></p>	



# BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

BROOK RD/HIGH RD/TARPOTS/LONDON RD/KENTS HILL  
NORTH/CHURCH RD/HART RD/RAYLEIGH  
RD/VICHOUSE/BENFLEET RD/ESSEX WAY/FLEET  
ROAD/BROOKRD 7.4 MILES



# BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

## SHORTER ROUTE 5.2 MILES

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

