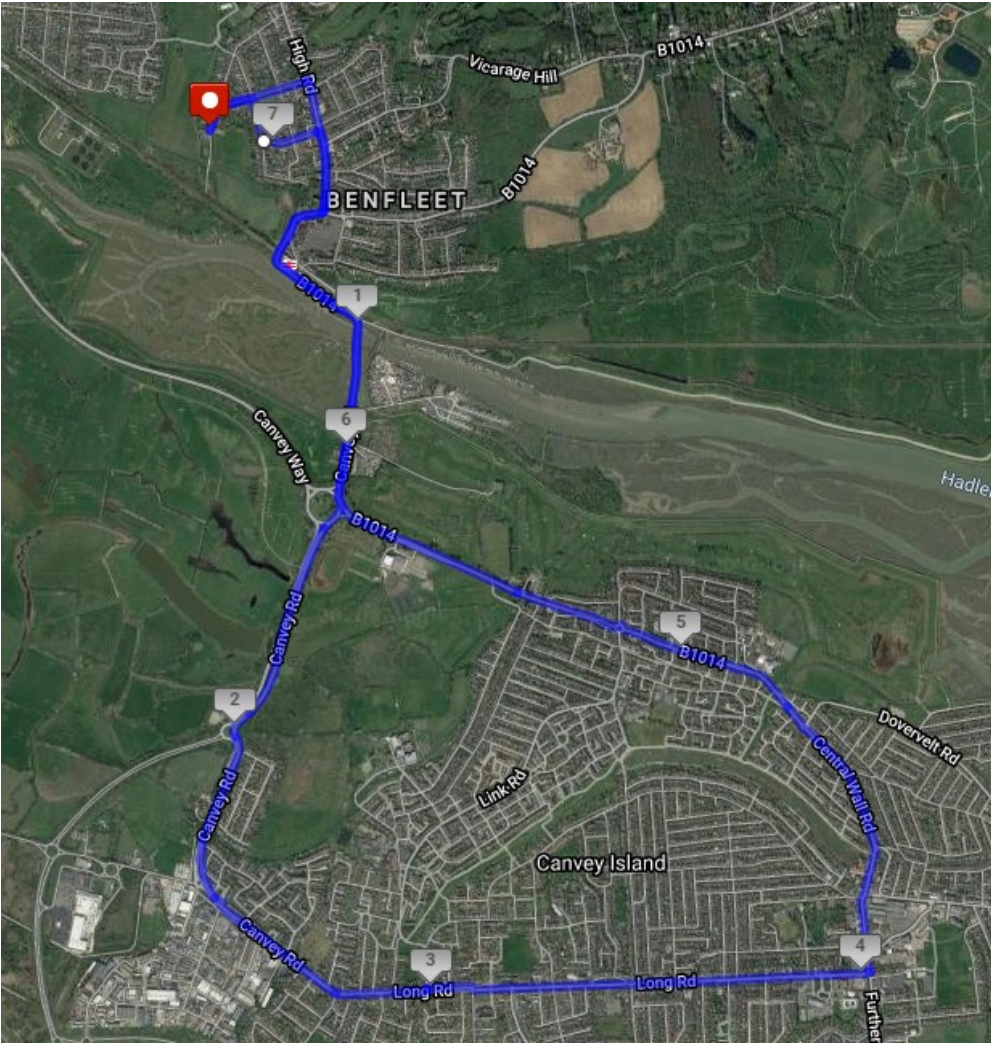


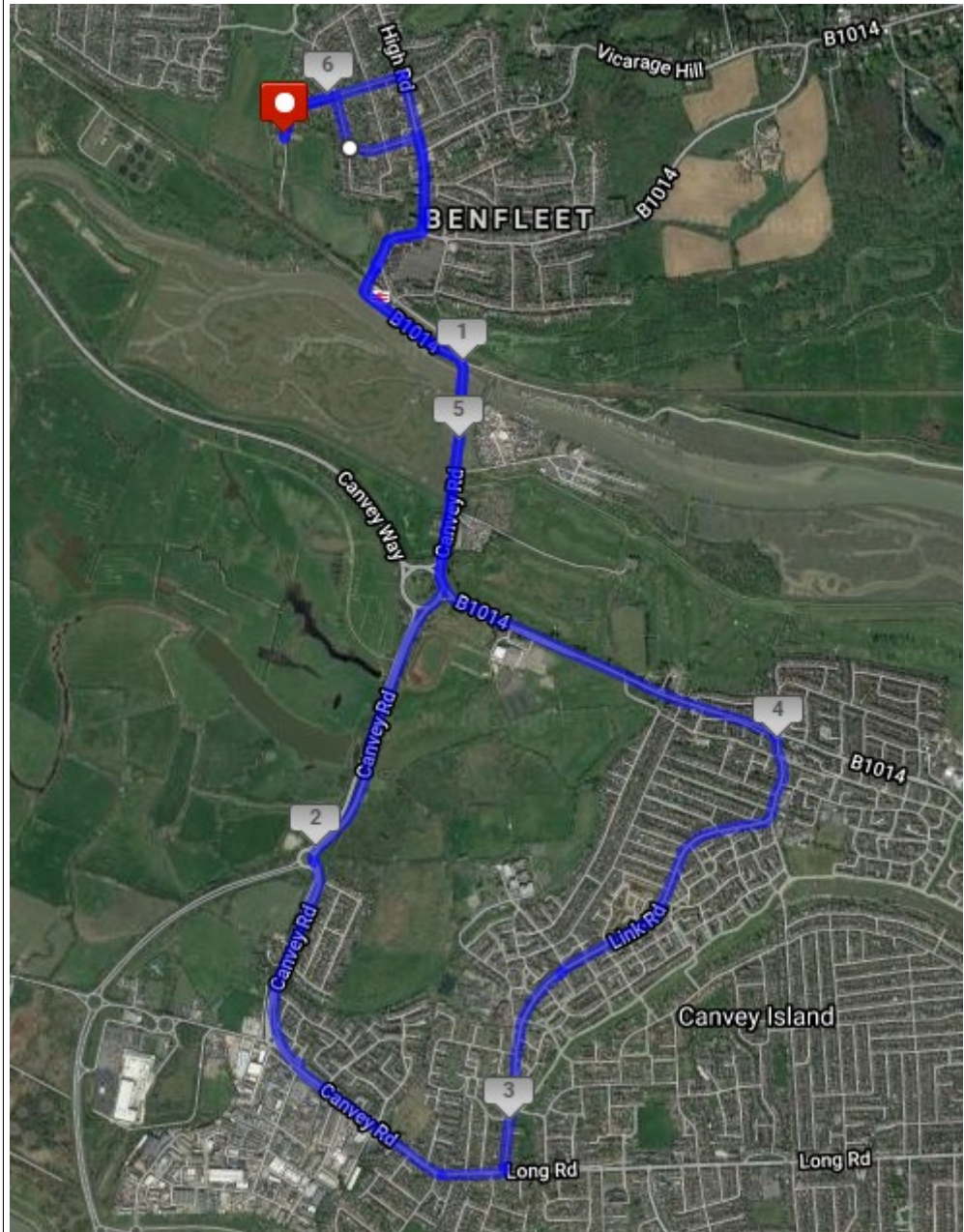
BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2023

<p>TUESDAY EFFORTS</p>	<p>3rd</p>	<p>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK 1 mile warm up/club loop 4-5 1 mile efforts reversing direction/ 3 min recovery between efforts/1 mile cool down. JAMES BOBBY</p>
<p>THURSDAY RUN</p>	<p>5th</p>	<p>HOPE RD/HIGH RD/CANVEY RD/LONG RD/CENTRAL WALLRD/SOMNES AVE/CANVEY RD/HIGH RD/GREEN RD/FLEETRD/CLUB 7.2 MILES</p> 

BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2023

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



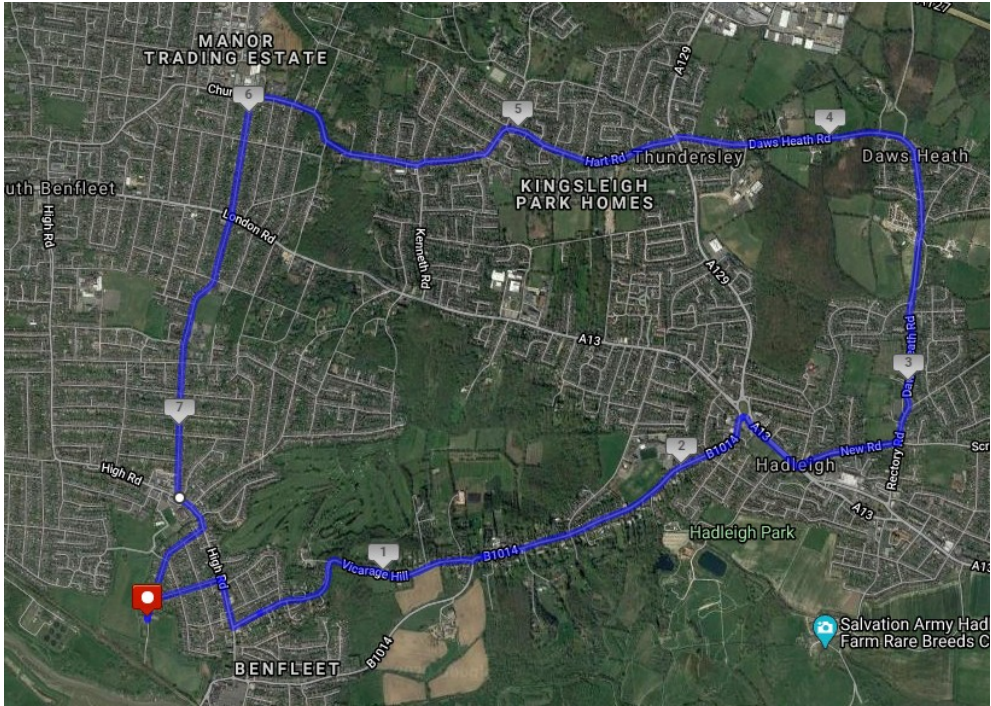
**TUESDAY
EFFORTS**

10th

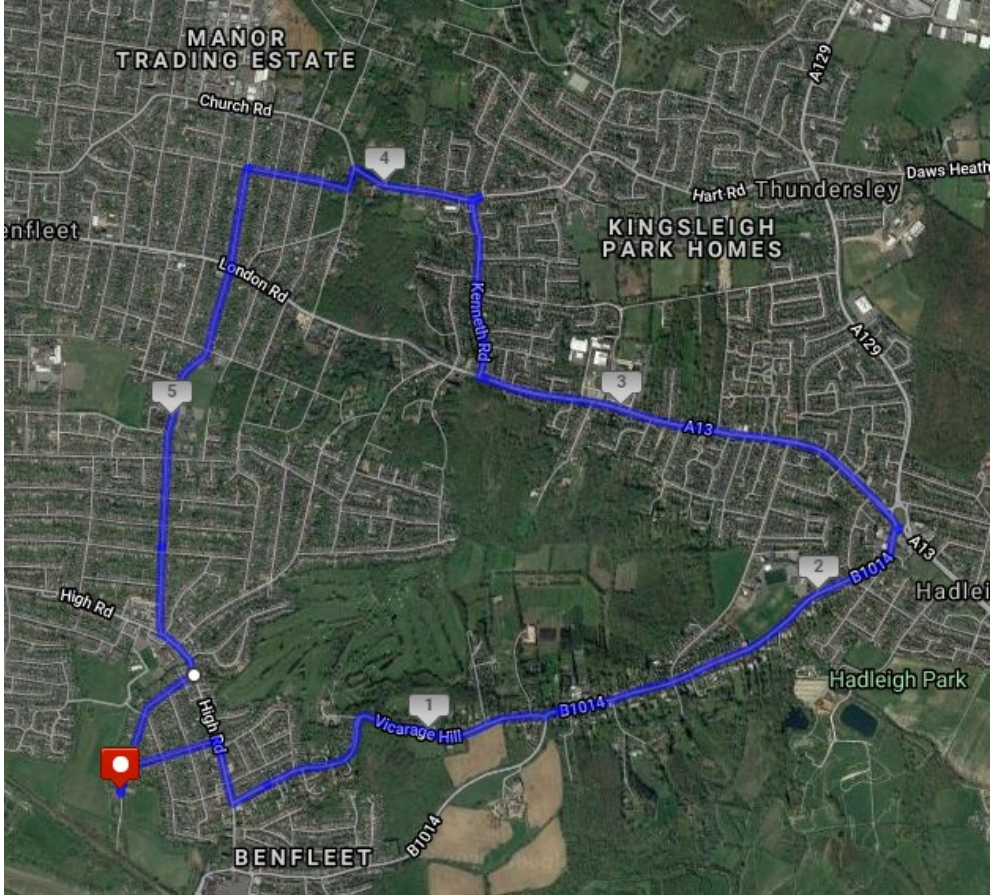
DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK

1 mile warm up/ 30/60/90/120 second hill efforts with double time recovery jog back to start (3 sets) using Hill Rd/ Southwell Rd and Under hill/ Mount Rd/ 1 mile cool down

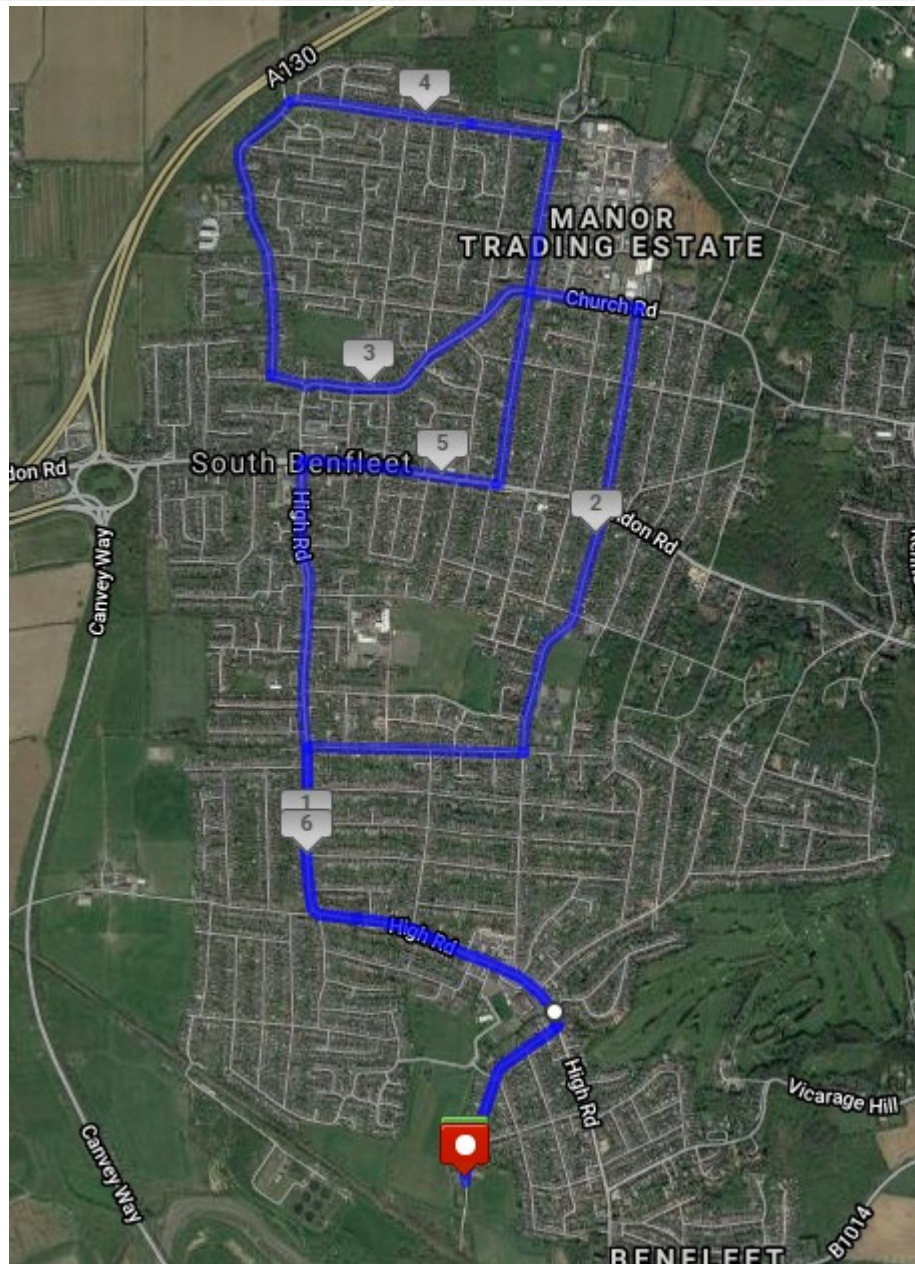
BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2023

		JAMES BOBBY
THURSDAY RUN	12th	HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/NEW RD/DAWS HEATH/HART RD/CHUCH RD/KENTS HILL/CLUB 7.62 MILES 

BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2023

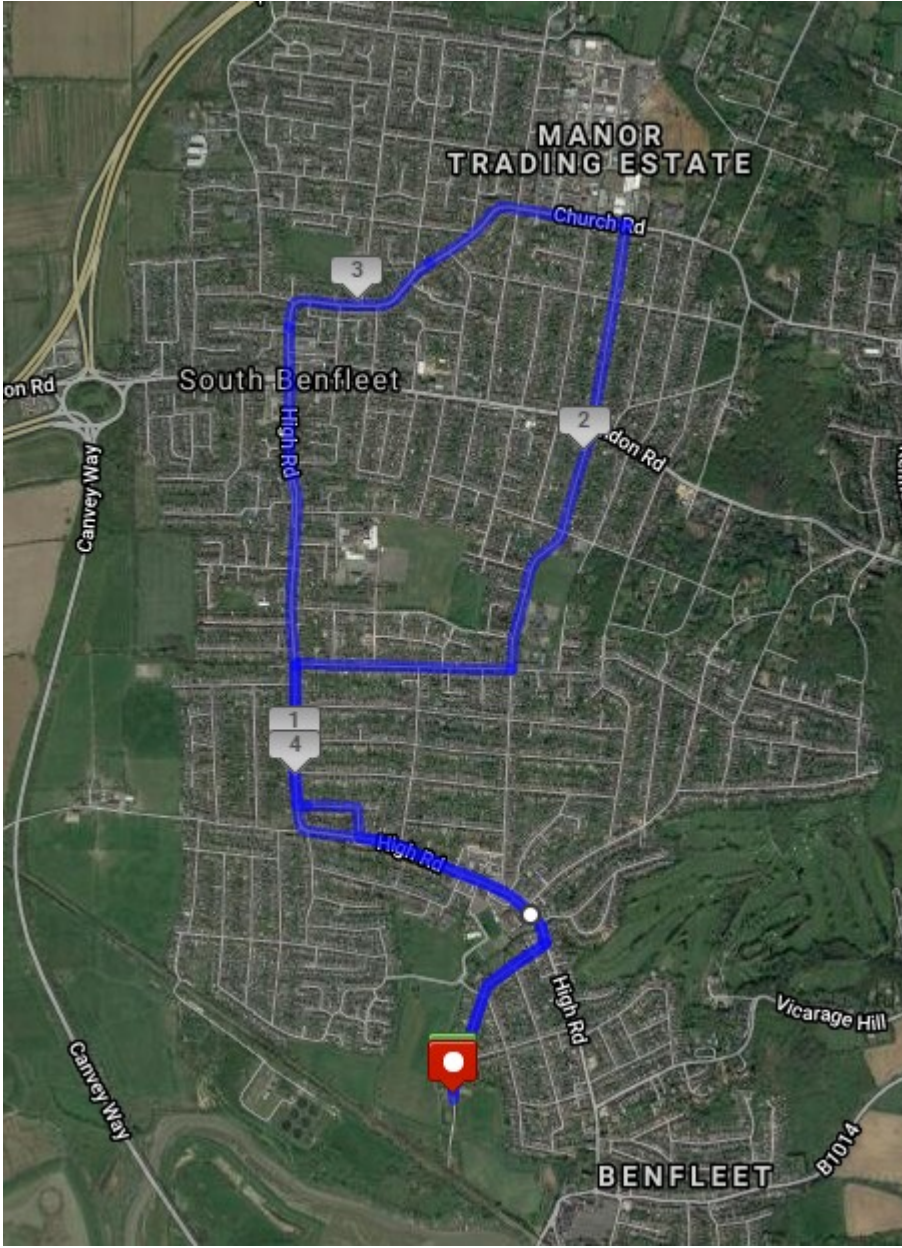
		<p>SHORTER ROUTE 6.1 MILES HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/KILN RD/KENNETH RD//CHUCH RD/KENTS HILL NORTH/KENTS HILL/CLUB</p> 
<p>TUESDAY EFFORTS</p>	<p>17th</p>	<p>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK 1 mile warm up/ Using Bird Estate .30/1/1.30/2/2.30/3/2.30/2/1.30/1/.30 Efforts with 50% regroup jog recoveries/ 1 mile cool down</p> <p>JAMES</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>19th</p>	<p>BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL NORTH/CHURCH RD/RUSHBOTTOM LN/WOODSIDE AVE/MANOR RD/LONDON RD/TARPOTS/HIGH RD/CLUB 7 MILES</p>

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SHORTER ROUTE 4.9 MILES
BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL
NORTH/CHUCH RD/TARPOTS HIGH RD/BROOK RD CLUBS

BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2023

		
<p>TUESDAY EFFORTS</p>	<p>24th</p>	<p>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK 1 mile warm up/ 6-8 400M efforts using Greenwood Ave/Sidwell chase/ Sidwell Drive/jog recovery Sidwell lane/St Mary's Rd back to start/1 mile cool down.</p> <p>JAMES</p>

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