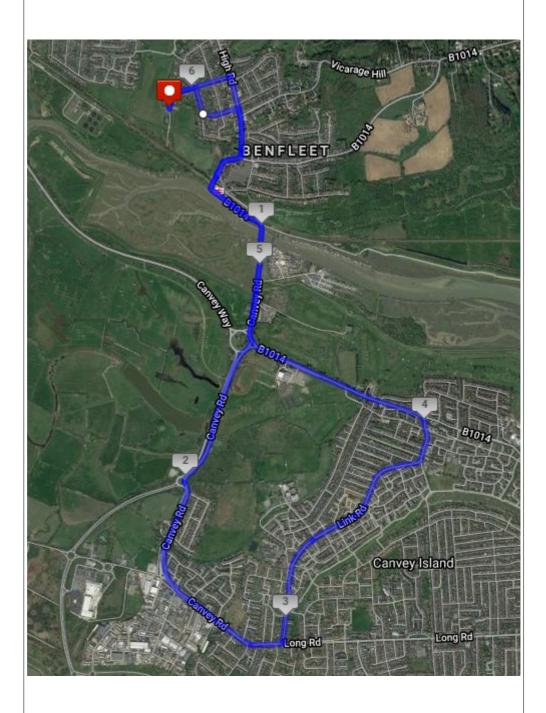
TUESDAY EFFORTS	3rd	DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK  1 mile warm up/club loop 4-5 1 mile efforts reversing direction/ 3 min recovery between efforts/1 mile cool down.  JAMES  BOBBY
THURSDAY	5th	HOPE RD/HIGH RD/CANVEY RD/LONG RD/CENTRAL WALLRD/SOMNES AVE/CANVEY RD/HIGH RD/GREEN RD/FLEETRD/CLUB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

#### **SHORTER ROUTE 6.1 MILES**

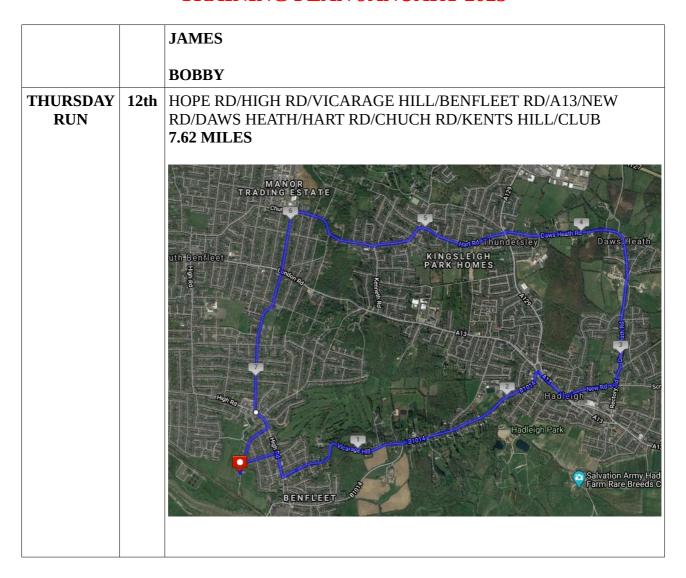
HOPE RD/HIGH RD/CANVEY RD/LONG RD/NEW ROAD/LINK RD/SOMNES AVE/CANVEY RD/HIGH RD/GREEN RD/FLEET RD/CLUB



#### **TUESDAY EFFORTS**

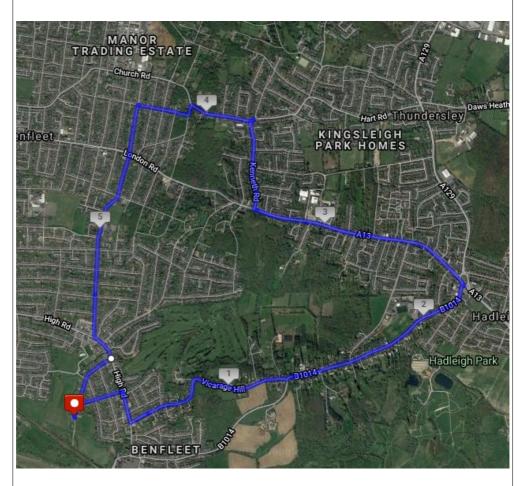
#### 10th DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK

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

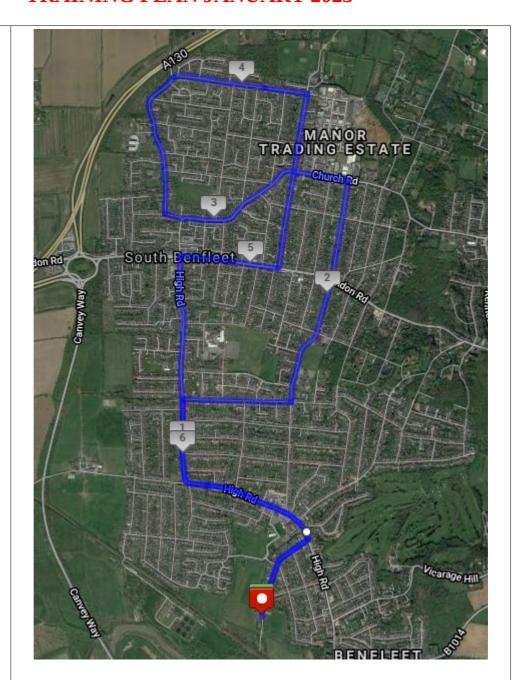


#### **SHORTER ROUTE 6.1 MILES**

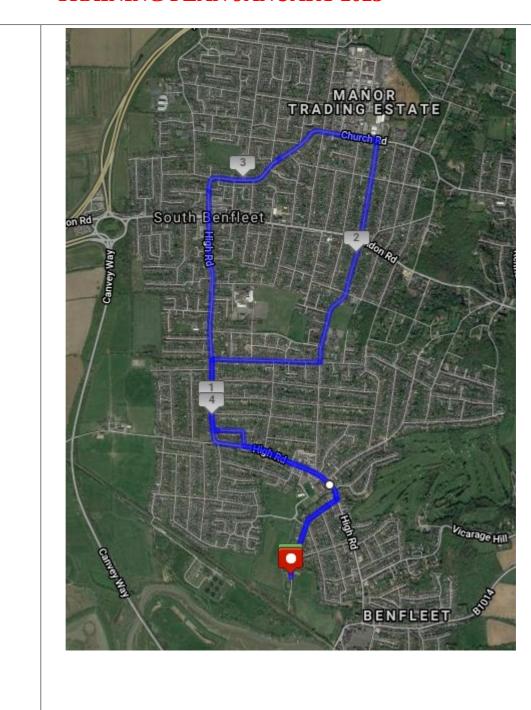
HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/KILN RD/KENNETH RD//CHUCH RD/KENTS HILL NORTH/KENTS HILL/CLUB



TUESDAY EFFORTS	17th	<b>DUNCAN, IAN, STEVE, MATT, GRAHAM, ANN AND NICK</b> 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
		JAMES
		BOBBY
THURSDAY RUN	19th	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



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



#### **TUESDAY EFFORTS**

24th 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.

**JAMES** 

		BOBBY
THURSDAY RUN	26th	HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13 TO LEIGH/HADLEIGH RD/MARINE PARADE/TATERSALL GDS/A13/BENFLEET RD/ESSEX WAY/HIGH RD/GREEN RD/FLEET RD/CLUB 9.7 MILES
		BENFLEET  BERFLEET  BERFLET  BERFLEET  BERFLET  BERFLEET  BERFLEET  BERFLET  BERFLET  BERFLET  BERFLET  BE
		SHORTER ROUTE <b>5.5 MILES</b> HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIPWRIGHTS DR/A13/CHAPEL LANE/ST JOHNS RD/BENFLEET RD/ ESSEX WAY/HIGH RD/GREEN RD/FLEET RD/CLUB
		Vertwood Academy  Vertwood Academy  Ling dilliong in  Brooks Stables  Find Copy (Academy  Firm Rev  Firm R
TUESDAY EFFORTS	31st	1 mile warm up/8 x (500M) with 2 min recovery using Tyrell Rd/Woodham Rd/Philmead Rd/Loten Rd/ reversing direction/ 1 mile cool down

