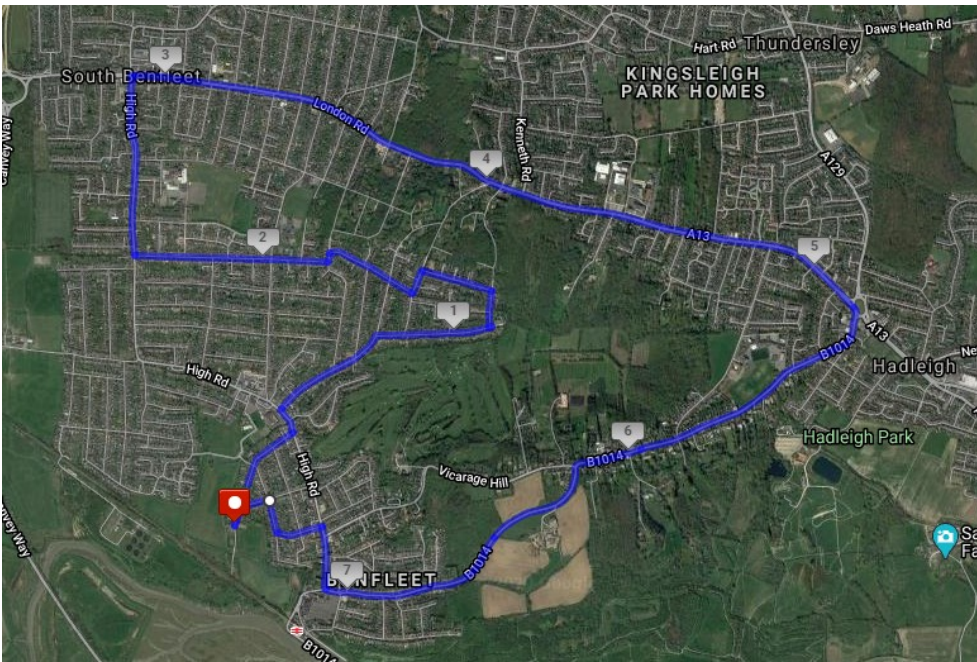


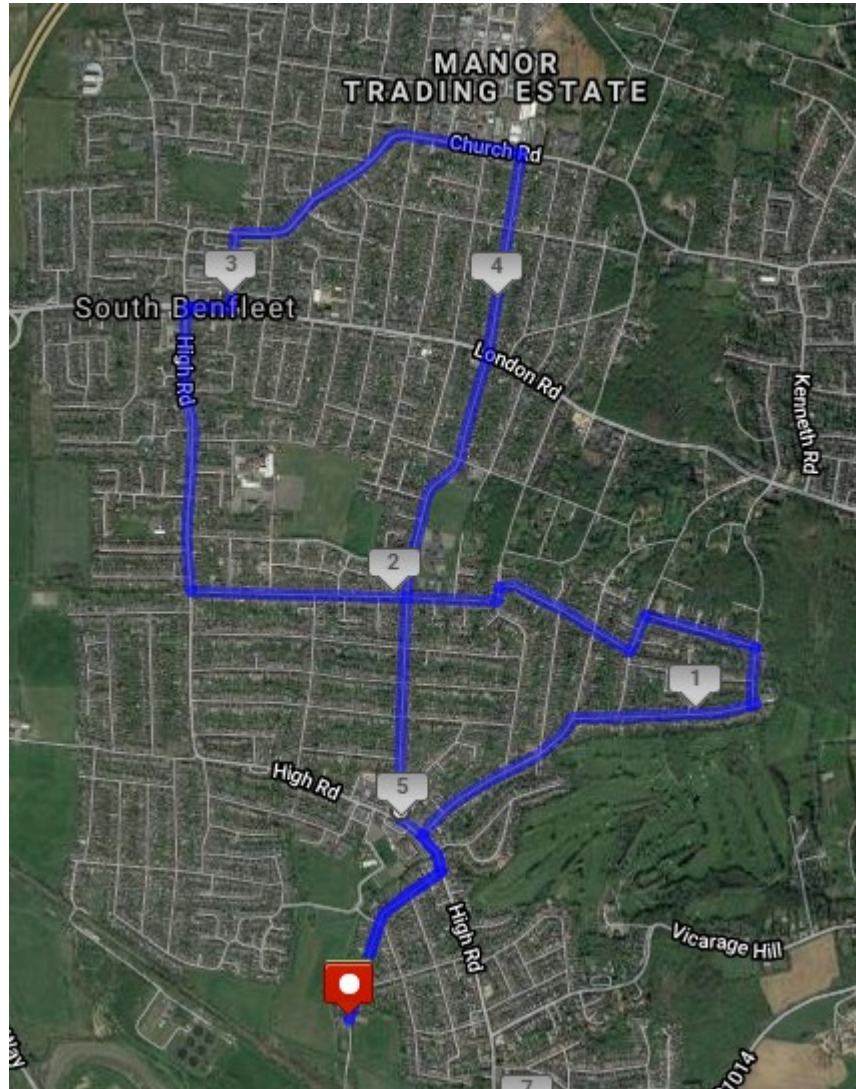
BENFLEET RUNNING CLUB TRAINING FEBRUARY 2023

<p>THURSDAY RUN</p>	<p>2nd</p>	<p>BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL/MOUNT RD/FERNLEA RD/HILLRD/CLARENCE RD /CLIFTON AVE/HIGH RD/A13/BREAD AND CHEESE/KILNRD/BENFLEET RD/ESSEX WAY/CLUB 7.5 MILES</p> 
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BENFLEET RUNNING CLUB TRAINING FEBRUARY 2023

SHORTER ROUTE 5.3 MILES

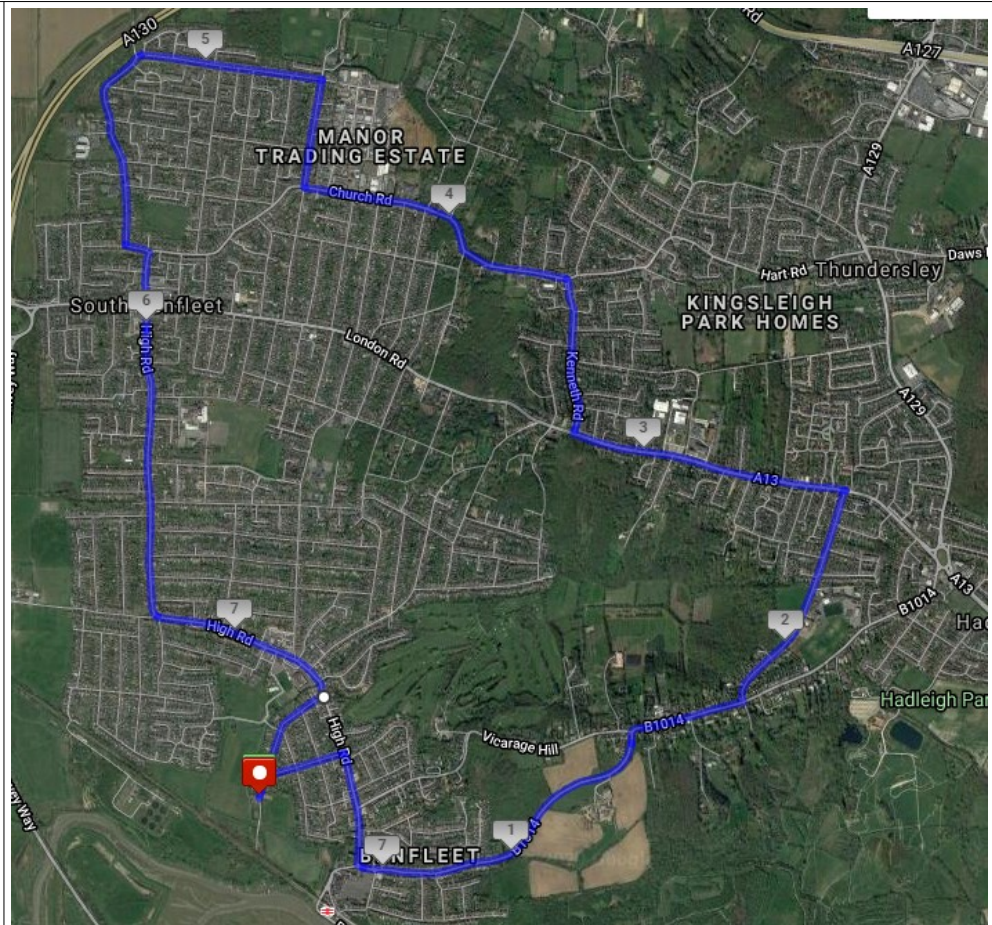
BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL
/MOUNT RD/FERNLEA RD/HILL RD/CLARENCE RD N/
CLIFTON AVE/HIGH RD/TARPOTS/CHURCH RD/KENTS HILL/CLUB



BENFLEET RUNNING CLUB TRAINING FEBRUARY 2023

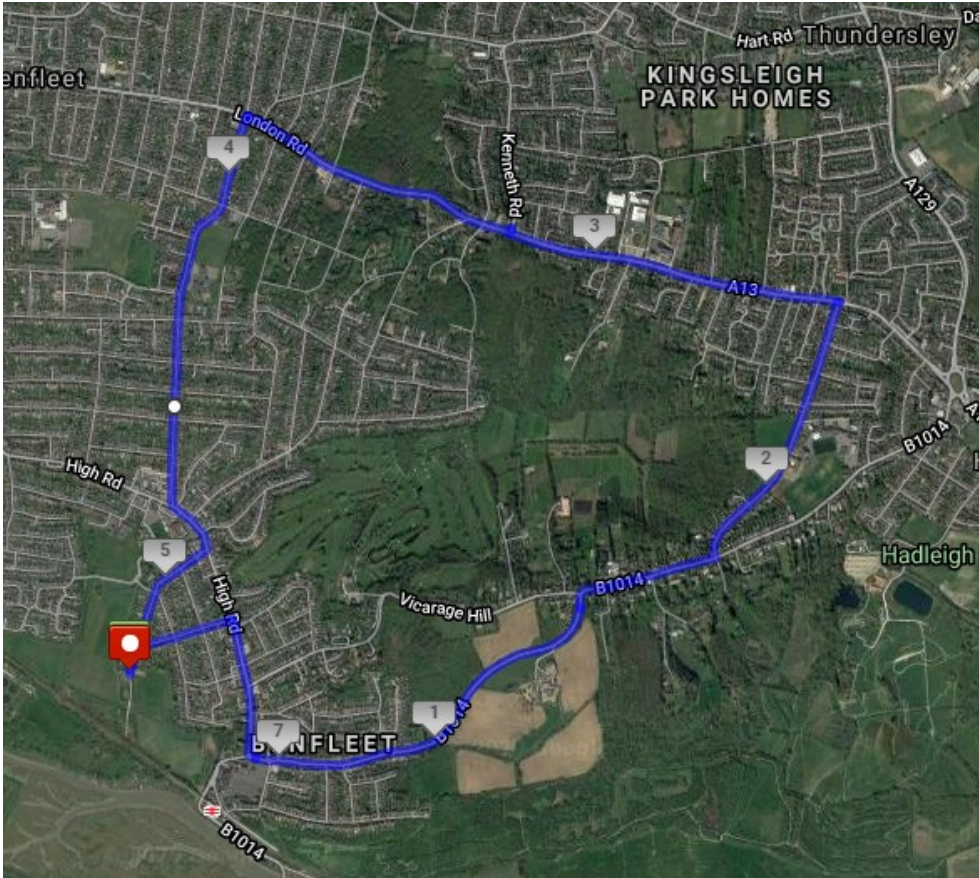
<p>TUESDAY EFFORTS</p>	<p>7th</p>	<p>DUNCAN, IAN, GRAHAM AND ANN Mandy's Efforts Mile warm up, Brook Rd/ High Rd/Essex Way, finishing at the bottom of Grosvenor Rd. 5x 600M effort using Grosvenor/St Mary's Rd and School Lane Recovery jog along Essex Way back to Grosvenor Rd Cool down Essex Way/ High Rd/Brook Rd</p>  <p>JAMES BOBBY</p>
<p>THURSDAY RUN</p>	<p>9th</p>	<p>HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/SHIPWRIGHTS/KILN RD/KENNETH RD/CHURCH RD/MANOR RD/ WOODSIDE/RUSHBOTTOM LN/TARPOTS/HIGH RD/BROOK RD 7.6 MILES</p>

BENFLEET RUNNING CLUB TRAINING FEBRUARY 2023

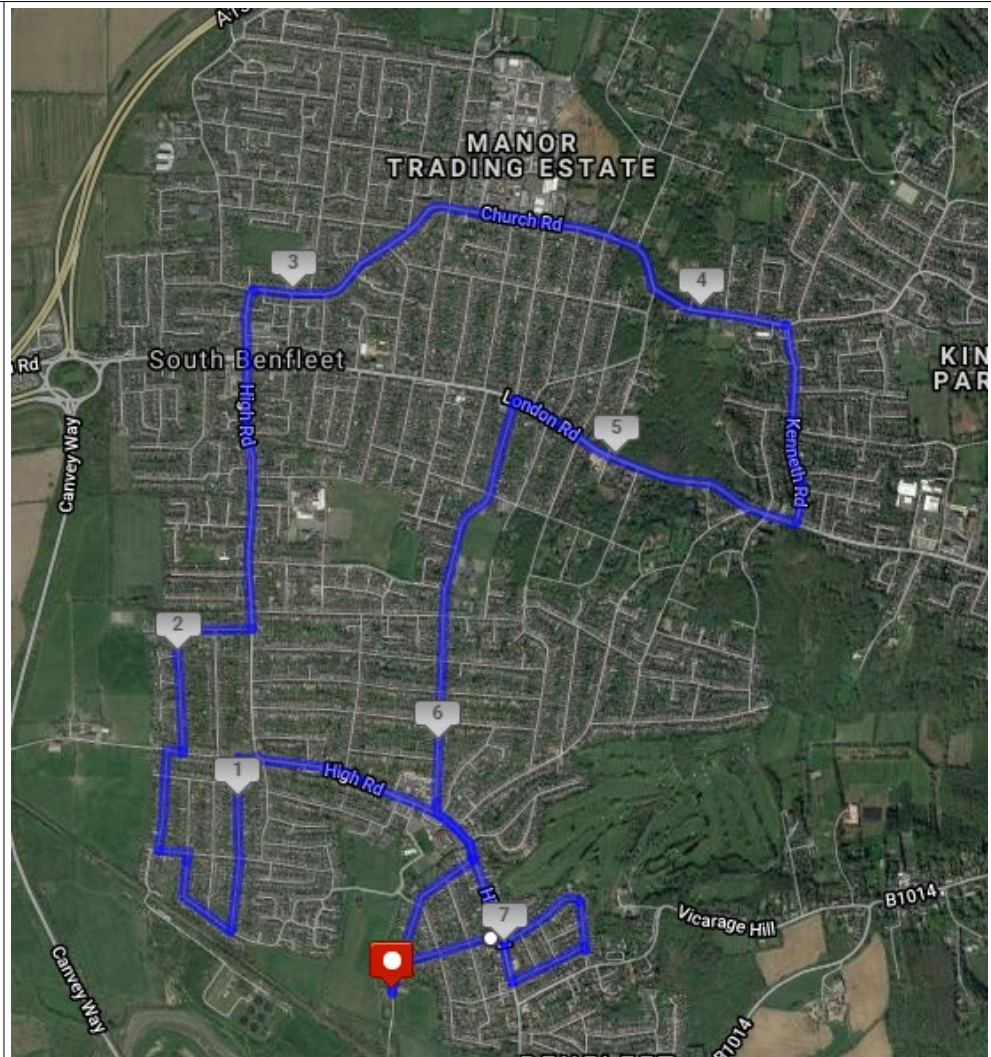


SHORTER ROUTE 5.2 MILES
HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/SHIP
WRIGHTS/KILN
RD/BREAD AND CHEESE/KENTS HILL/ BROOK RD

BENFLEET RUNNING CLUB TRAINING FEBRUARY 2023

		
<p>TUESDAY EFFORTS</p>	<p>14th</p>	<p>DUNCAN, IAN, GRAHAM AND ANN 1 mile warm up/ Random efforts of between 1 minute and 6 minutes with 50% effort time regroup/ jog recovery using club loop Total effort time of 18-20 minutes/ 1 mile cool down.</p> <p>JAMES</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>16th</p>	<p>BROOK RD/HIGH RD/JOTMANS LN/APPLETON RD/WOODHAM RD/PHILMEAD RD/LOTEN RD/WATLINGTON RD/UPLANDS RD/HIGH RD/CHURCH RD/KENNETH RD/BREAD AND CHEESE/KENTS HILL RD/HIGH RD/QUEENS RD/KINGS RD/HILLSIDE/HOPE RD/CLUB 7.4 MILES</p>

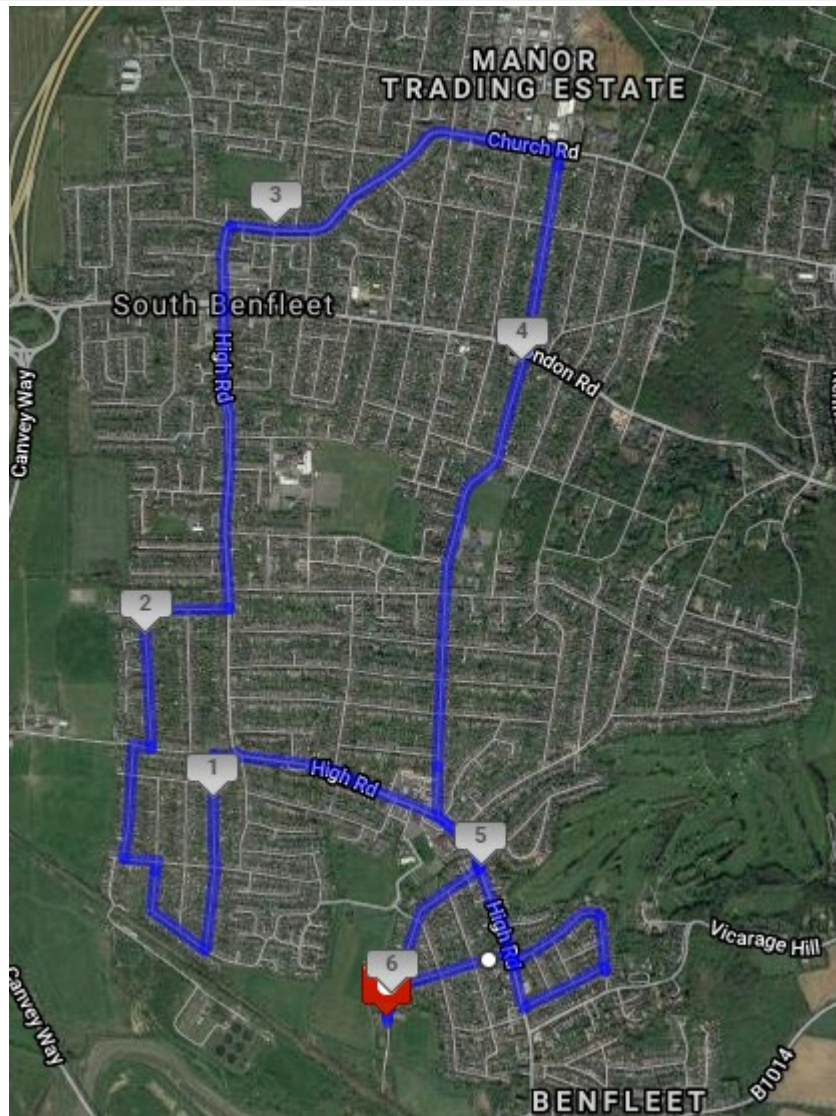
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TRAINING FEBRUARY 2023**



SHORTER ROUTE 6 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/HIGH RD/ QUEENS RD/KINGS RD/HILLSIDE/HOPE RD

**BENFLEET RUNNING CLUB
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**TUESDAY
EFFORTS**

21st

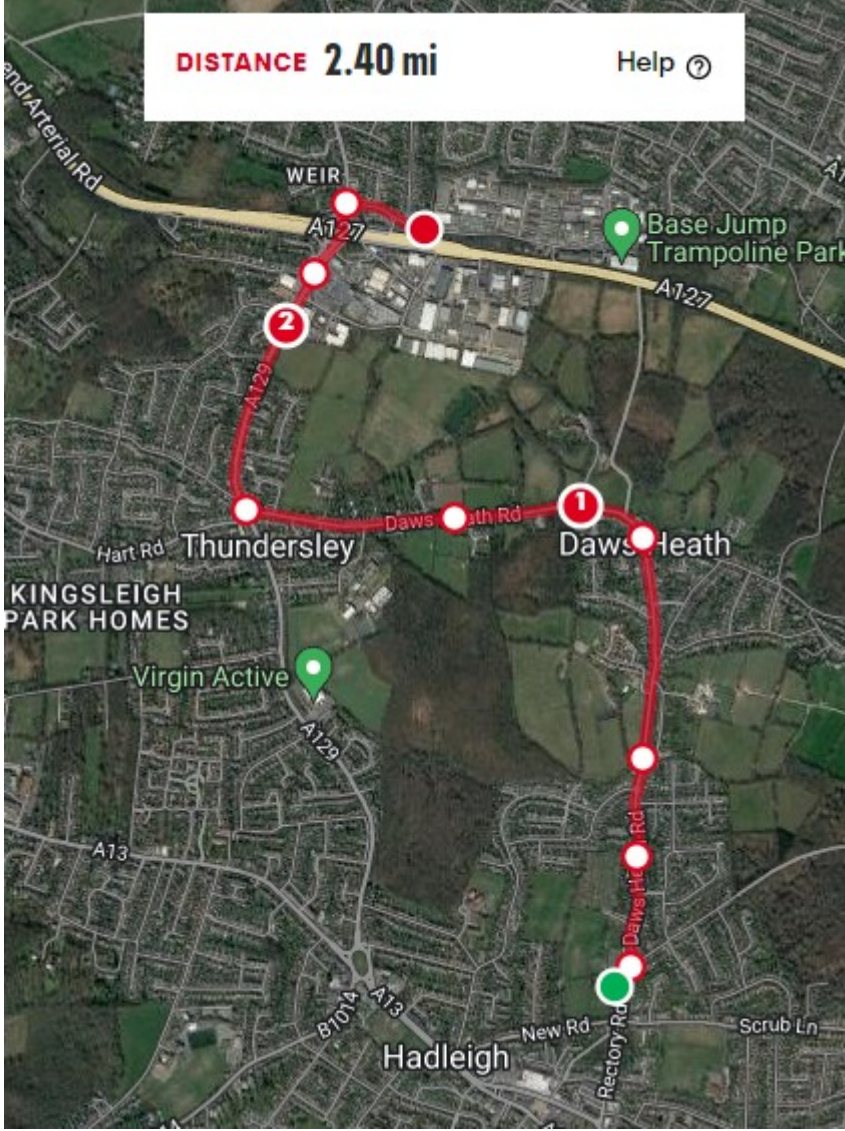
DUNCAN, IAN, GRAHAM AND ANN

Mile warm up/ 7 x 25 sec effort hill effort with 60 sec recovery x 3 (using River View, Sidwell and Mill Hill)/ 1 mile cool down.

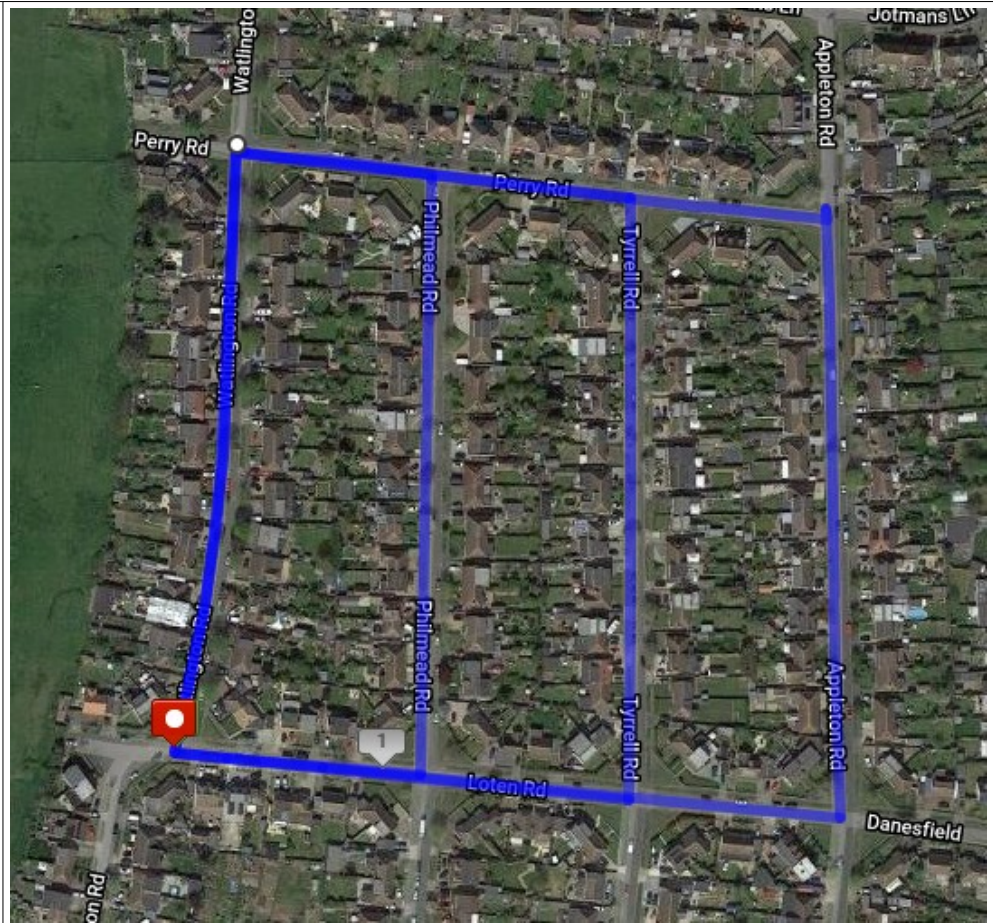
JAMES

BOBBY

BENFLEET RUNNING CLUB TRAINING FEBRUARY 2023

<p>THURSDAY RUN</p>	<p>23rd</p>	<p>FOOD BANK RUN 4.8 miles Meet at John Burrows for 7.30 pm for an out and back run to food bank at Megacentre Rayleigh</p> 
<p>TUESDAY EFFORTS</p>	<p>28th</p>	<p>DUNCAN, IAN, GRAHAM AND ANN Bird Estate 1000M/800/600M/1000M/800M/600M Efforts with 2-3 min recovery</p>

**BENFLEET RUNNING CLUB
TRAINING FEBRUARY 2023**



JAMES

BOBBY