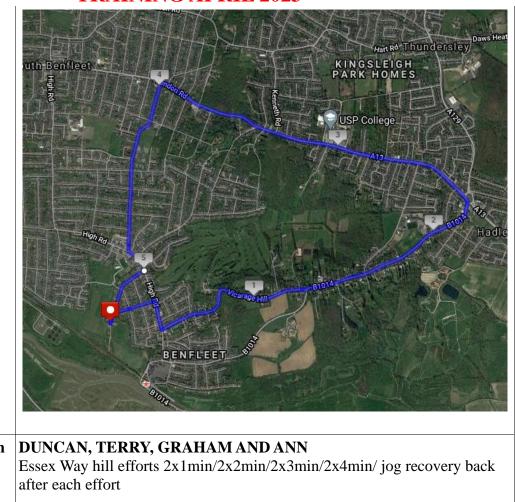
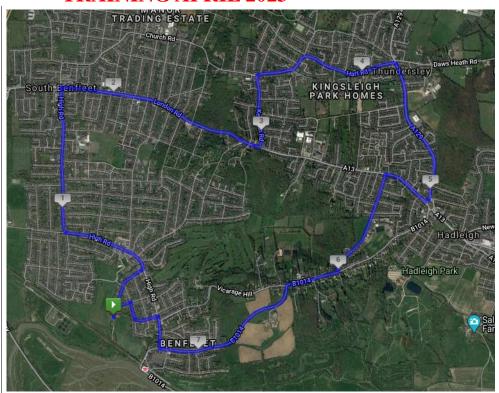
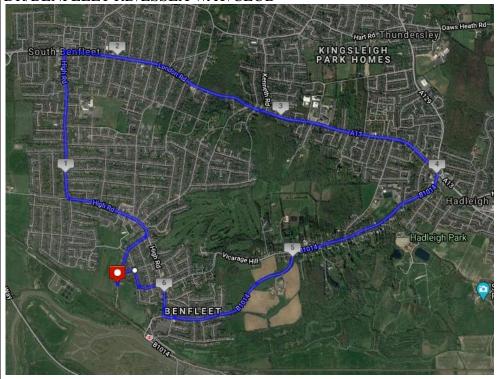
TUESDAY EFFORTS	4th	DUNCAN, TERRY, GRAHAM AND ANN 1 mile warm up 7 x 2 min efforts with diminishing recoveries (90/60/30/90/60/30 sec) 1 mile cool down using Fleet Road and Bird Estate JAMES BOBBY
THURSDAY	6th	HOPE RD/ HIGH RD/VICARAGE HILL/ BENFLEET RD/RAYLEIGH RD/HART RD/CHURCH RD/TARPOTS/A13/KENTS HILL RD/HIGH RD/BROOK RD. 7.35 MILES SHORTER ROUTE 5.3 MILES HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/BREAD AND CHEESE/KENTS HILL RD/HIGH RD/ BROOK RD



TUESDAY	11th	DUNCAN, TERRY, GRAHAM AND ANN
EFFORTS		Essex Way hill efforts 2x1min/2x2min/2x3min/2x4min/ jog recovery back after each effort
		JAMES
		BOBBY
THURSDAY	13th	BROOK RD/HIGH RD/A13/BREAD AND CHEESE/KENNETH
RUN		RD/HART RD/RAYLEIGH RD/A13/SHIPWRIGHTS DR/BENFLEET RD/ESSEX WAY/CLUB 7.8 MILES



SHORTER ROUTE 6.1 MILES BROOK RD/HIGH RD/A13/BREAD AND CHEESE/SHIPWRIGHTS DR/BENFLEET RD/ESSEX WAY/CLUB



TUESDAY EFFORTS

18th

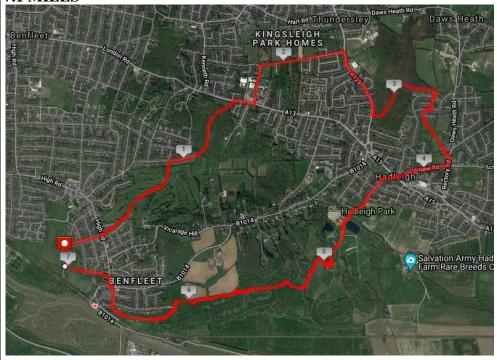
IAN's Track Session

The Eastwood Academy, Rayleigh Rd, Leigh-on-Sea, Southend-on-Sea, Leigh-on-Sea SS9 5UU

		TRAINING APRIL 2023
		JAMES
		BOBBY
THURSDAY RUN	20th	BROOK RD/HOPE RD/HIGH RD/SCHOOL LANE/LOWER GRAVELPATH ON DOWNS/CASTLE LANE/ A13/ BENFLEET RD/ESSEX WAY /CLUB 6.3 MILES The King John School Had Graft Street School Had Graft Street School Had Graft Street School Had Graft Scho
		Brook Stables Face Ning That raining Feat Face Ning Feat Face Bertier Benfeet Counce For Face Ning Feat Fac
		SHORTER ROUTE 4.1 MILES BROOK RD/HOPE RD/HIGH RD/SCHOOL LANE/UPPER GRAVEL PATH ON DOWNS/ LEFT ONTO PATH LEADING TO SHIPWRIGHTS HILL/BENFLEET RD/ ESSEX WAY/CLUB Brooks Stables Brooks Stables Brooks Stables Brooks Stables Brooks Stables
TUESDAY EFFORTS	25th	DUNCAN, TERRY, GRAHAM AND ANN OFF ROAD. From 3 way sign on gravel path in Downs, 3, 7 minute efforts with 3.5 min standing recovery, using upper gravel path. JAMES BOBBY
THURSDAY RUN	27th	HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATHTHROUGH GLEN/X A13/RUNNYMEADE CHASE/THECHASE/RAYLEIGH RD/WESTWOOD/ UP THROUGH JOHN BURROUGHS/NEW RD/ X

A13/CHAPEL LANE/UPPER GRAVEL PATH (PARK RUN ROUTE)/SCHOOL LANE/CLUB

7.1 MILES



SHORTER ROUTE 4.3 MILES

HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATH THROUGH GLEN/SHIPWRIGHTS DR/ (IF LIGHT IS FAILLING TAKE BENFLEET RD/ESSEX WAY BACK TO CLUB) OR X BENFLEET RD/DOWN FOOTPATH TO SHIPWRIGHTS HILL/UPPER GRAVEL PATH(PARK RUN ROUTE)/SCHOOL LANE/CLUB

