




BENFLEET RUNNING CLUB


TRAINING MAY 2023

<p>TUESDAY EFFORTS</p>	<p>2nd</p>	<p>DUNCAN, TERRY, GRAHAM AND ANN Leader Running Fartlek session over the Downs (Everyone take a turn leading the group, 4 mins a time)</p> <p>JAMES</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>4th</p>	<p>Bobby's Canvey Run, 6 Miles</p> <p>Meet at Lobster Smack, Haven Road. SS8 0NR</p> <p>On to sea wall run left to edge of caravan park down slope to Thorney Bay Road, Right in to Craven Road. Turn right and then left at traffic lights into Denham Road.</p> <p>Turn right along footpath along side of lake. At end of path right Linde Road, left then left again.</p> <p>At side of hotel left down path on other side of lake.</p> <p>At end of path cross into New Road, right then left into Haven Road, back to pub.</p> 

BENFLEET RUNNING CLUB TRAINING MAY 2023

<p>TUESDAY EFFORTS</p>	<p>9th</p>	<p>DUNCAN, TERRY, GRAHAM AND ANN Hill reps, The Glen (grass opening) and Shipwrights Hill 1 mile warm up/6-8 400M efforts with 400M jog recovery/ 1 mile cool down</p> <p>JAMES</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>11th</p>	<p>ROUND THE CASTLE 7 MILES School Lane / lower gravel path/ past castle / up slope returning to castle / through castle / Castle Lane / Sea View Terrace / footpath to Mountain Bike Centre / back down Park Run Route / School Lane / Club.</p>  <p>Shorter Route 5.8 Miles School Lane / lower gravel path / Castle Lane / Sea View Terrace / footpath to Mountain Bike Centre / back down Park Run Route / School Lane / Club.</p>  <p>If the light is failing when you reach the mountain bike course return by road, Chaple Ln/St John's Rd/Benfleet Rd/Essex Way</p>

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<p>TUESDAY EFFORTS</p>	<p>16th</p>	<p>DUNCAN, TERRY, GRAHAM AND ANN Downs, Gravel path 400 M efforts x 8 -10, 400 M jog recovery.</p> <p>JAMES</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>18th</p>	<p>THE BADGER RUN</p>  <p>Shorter route possible by running along Underhill and back over golf course after exiting The Glen, this should reduce the run by about 1 mile</p>
<p>TUESDAY EFFORTS</p>	<p>23rd</p>	<p>DUNCAN, TERRY, GRAHAM AND ANN The Downs, hill efforts using first zig-zag by the 3 way sign 1 mile warm up/ 30/60/90/120 sec effort with 60/120/180/ 240 sec jog back recovery/ 3 min standing recovery/ x 3/ 1 mile cool down</p> <p>JAMES</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>25th</p>	<p>Meet at Hockley Woods car park by the Bull pub 7.00 pm</p>

**BENFLEET RUNNING CLUB
TRAINING MAY 2023**



**TUESDAY
EFFORTS**

30th

DUNCAN, TERRY, GRAHAM AND ANN

Meet at John Burrows 7.15 for 7.30

Efforts at Little Havens