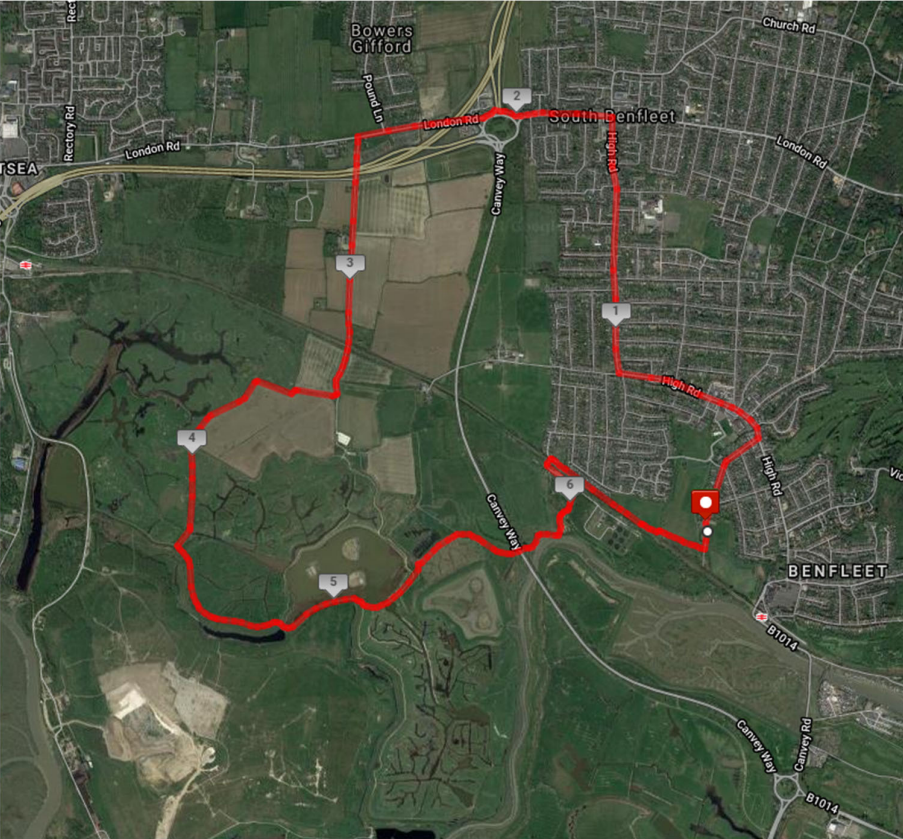


BENFLEET RUNNING CLUB

TRAINING JUNE 2023

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| <p>THURSDAY RUN</p> | <p>1st</p> | <p>BOWERS MARSH RUN 7 MILES, mix of road, gravel path and bit of grass</p>  |
| <p>TUESDAY EFFORTS</p> | <p>6th</p> | <p>DUNCAN, TERRY, GRAHAM, ANN Flat Effort (Canvey Sea Wall) 1 mile warm up. Fartlek session. Total effort time 20-30 minutes (each pace group to decide). Take it in turns to decide on effort time between 1-4 minutes. 50% walk recovery used to re-group after each effort. Turn around at half way! 1 mile cool down.</p> <p>IAN Track session at Eastwood Academy</p> <p>JAMES</p> <p>BOBBY'S RUN</p> |
| <p>THURSDAY RUN</p> | <p>8th</p> | <p>TWO TREE AND LEIGH 5.7 MILES Meet at Two Tree Island car park, at very end of road on Two Tree Island. 7.15 pm for 7.30 start</p> |

BENFLEET RUNNING CLUB TRAINING JUNE 2023



From car park take gravel path around west side of Two Tree Island.
 When you get back to the road, go through gate and turn left.
 Cross bridge and run to Leigh Station.
 Go up Belton Way towards Leigh.
 Run to Leigh library and just after, turn right into Leigh Library Gardens.
 Bear left and follow path to Leigh Church.
 Cross graveyard and turn right down Leigh Hill.
 At road junction carefully cross and take path opposite descending steeply,
 again with care.
 Continue to railway footbridge, cross and return to Old Leigh.
 Run under road bridge and take road behind cockle sheds.
 At road junction, near station take footpath on left, on sea side of sea wall.
 Continue to road, turn left, recross bridge and enter car park on left.
 Take path at end of car park, turning left after 50m in to East side of Two
 Tree Island.
 Go down main track for about 400m and take path on right down towards
 the sea.
 Take path between sea and lake back to starting point.

Shorter route possible by taking Leigh Hill Steps, just before entering
 Leigh church graveyard, at bottom of steps bear right and cross foot bridge
 over railway into Old Leigh run will be about 4.5 miles

**Longer route possible by continuing run to Chalkwell Station, crossing
 foot bridge, over railway and returning to Leigh, run will be about 7.2
 miles**

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| <p>TUESDAY EFFORTS</p> | <p>13th</p> | <p>DUNCAN, TERRY, GRAHAM, ANN Using map, warm up to start point (High point of gravel path at the end of St Mary's Road). Six 1K efforts/ after each effort regroup/ 2.30 min standing recovery Cool down back to club Change number of efforts as you see fit. Can be used as a jog recovery as required after Southend Half</p> |
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BENFLEET RUNNING CLUB TRAINING JUNE 2023



IAN
Track session at Eastwood Academy

JAMES

BOBBY'S RUN

**THURSDAY
RUN**

15th

GLADYS RUN 7 MILES



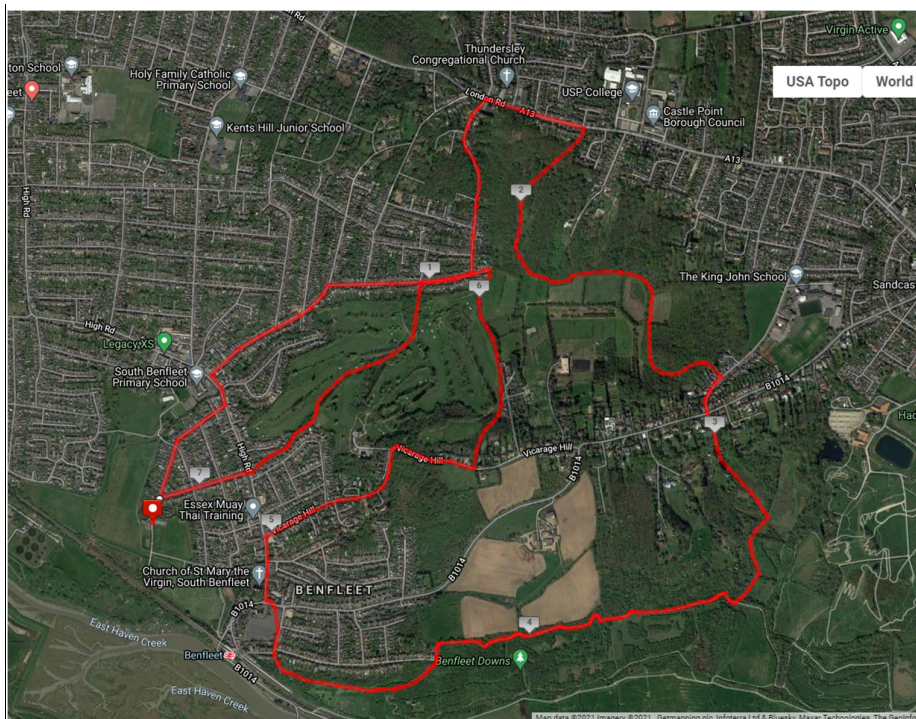
Run from club, to Benfleet sea wall, past "Gladys"
Run towards Leigh until 50 yds from halfway gate.
Take footpath left and **CAREFULLY** cross railway line.
Look ahead, just to your left, (10 o'clock) you will see gate and cattle grid at bottom of country park, run through gate.
Run up zig zag path, climbing, at top continue for about 400yards on level gravel path until you come to a path junction.
Go through kissing gate opposite and run down and over footbridge

BENFLEET RUNNING CLUB

TRAINING JUNE 2023

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| | | <p>50 yds past bridge take grass track right, climbing, after 150 yds you will join a gravel track, continue right on this track, climbing. (Park Run path) After about 200M there is a left fork on to a footpath, take this, go through gate. Continue straight on this path until Shipwrights Hill is on your left with grass path descending to it. Run down this path and up Shipwrights Hill. Continue on footpath to Benfleet Road. CAREFULLY cross Benfleet Road and run 150 yds up Shipwrights Drive. Take footpath on your left and enter The Glen. Follow the path round to the Underhill Road exit. Do not go on to road but keep left and take foot path up the side of the golf course to Vicarage Hill. Turn left on to Vicarage Hill for 400yds, then take footpath/bridle path on right, down to Essex Way. At bottom of Essex Way cross road CAREFULLY and take footpath, run past “Dung” pile, go through gate and turn right up hill.</p> <p>On reaching upper gravel path turn right, run to School lane and back to club.</p> <p>Shorter route possible by returning to club directly after leaving Down’s and reaching Benfleet road 5 miles</p> |
| TUESDAY | 20th | <p>IAN, DUNCAN, TERRY, GRAHAM, ANN IAN’s Track Session at The Eastwood Academy, Rayleigh Rd, Leigh-on-Sea, Southend-on-Sea, Leigh-on-Sea SS9 5UU.</p> <p>Everyone over to Eastwood for a track session with Ian. If you need a lift then let us know in advance on a club night or post on the WhatsApp group and someone will be able to help.</p> <p>JAMES</p> <p>BOBBY’S RUN</p> |
| THURSDAY RUN | 22nd | <p>BROOK RD/THUNDERSLEY PARK DR/UNDERHILL RD/MOUNT RD/A13/DOWN THROUGH GLEN/SHIPWRIGHTS DR/SHIPWRIGHTS CLOSE/UPPER GRAVEL PATH/SCHOOL LANE/HIGH RD/VICARAGE HILL/ DOWN FOOTPATH BESIDE GOLF COURSE/UNDERHILL DR/THROUGH GOLF COURSE/HOPE RD/CLUB 7.2 MILES</p> |

BENFLEET RUNNING CLUB TRAINING JUNE 2023



FOR SHORTER ROUTE, ON RETURN DO NOT GO UP VICARAGE HILL,
BUT RETURN DIRECTLY TO CLUB **5.3 MILES**

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| <p>TUESDAY EFFORTS</p> | <p>27th</p> | <p>DUNCAN, IAN, MATT AND ANN The Glen, using the hill by Shipwrights Drive 1 mile warm up/6-8 400 M efforts/ jog recovery 1 mile cool down</p> <p>JAMES</p> <p>BOBBY'S RUN</p> |
| <p>THURSDAY RUN</p> | <p>29th</p> | <p>KIRSTE 5 ROUTE Meet at Grove Rd car park, SS6 8UQ at 7.00- 7.15 PM for 7.30 start. (Car park is locked at dusk, may be best to park on road)</p> |

BENFLEET RUNNING CLUB TRAINING JUNE 2023

