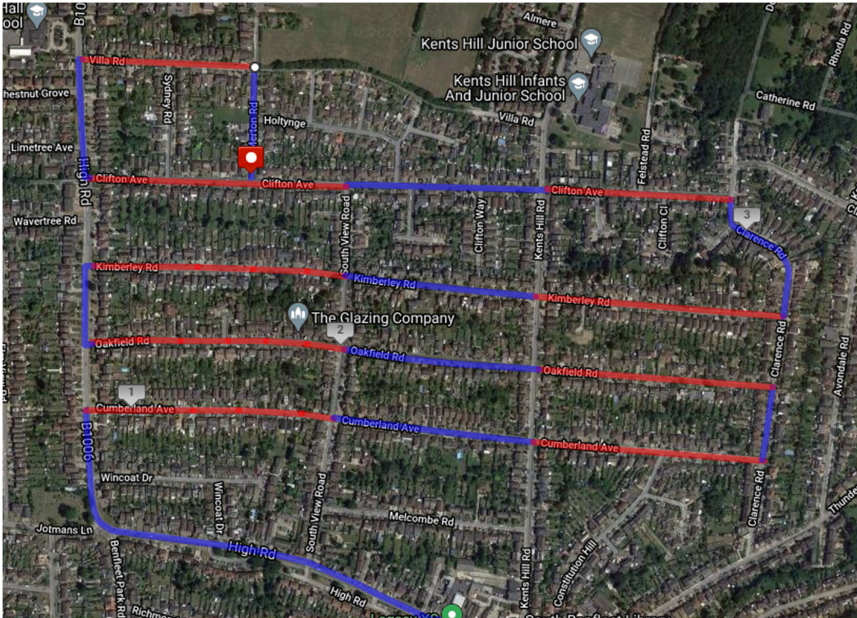
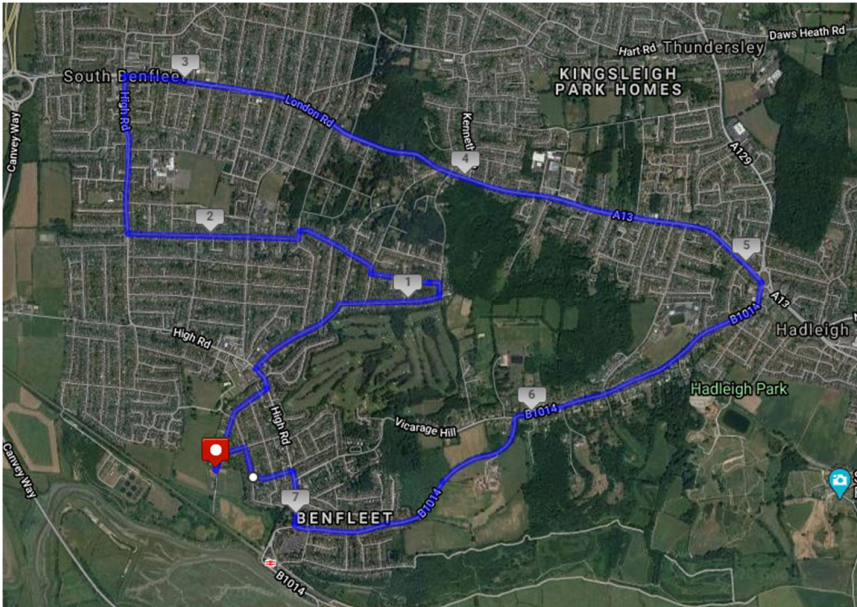


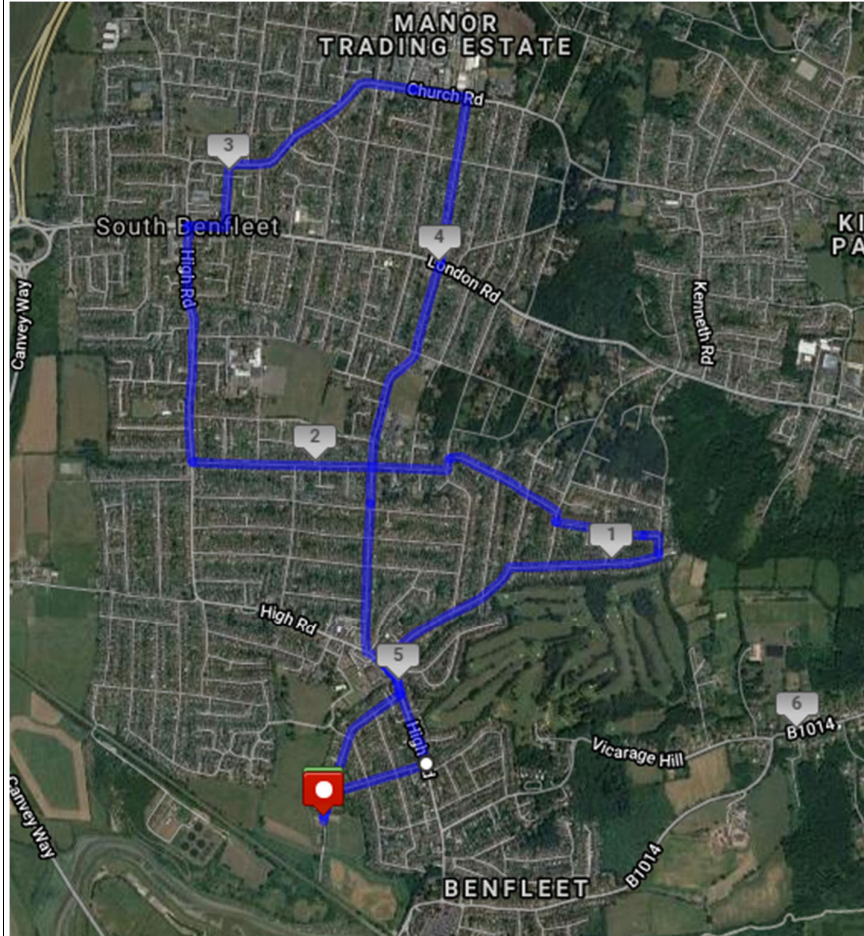
Benfleet Running Club Training October 2023

<p>TUESDAY EFFORTS</p>	<p>3rd</p>	<p>EFFORT SESSION Zig Zags</p>  <p>BOBBY'S RUN</p>
<p>THURSDAY RUN</p>	<p>5th</p>	<p>BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL/MOUNTRD/FERNLEARD/HILLRD/CLARENCE RD /CLIFTON AVE/HIGH RD/A13/BREAD AND CHEESE/KILN RD/BENFLEET RD/ESSEX WAY/CLUB 7.5 MILES</p> 

**Benfleet Running Club
Training October 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



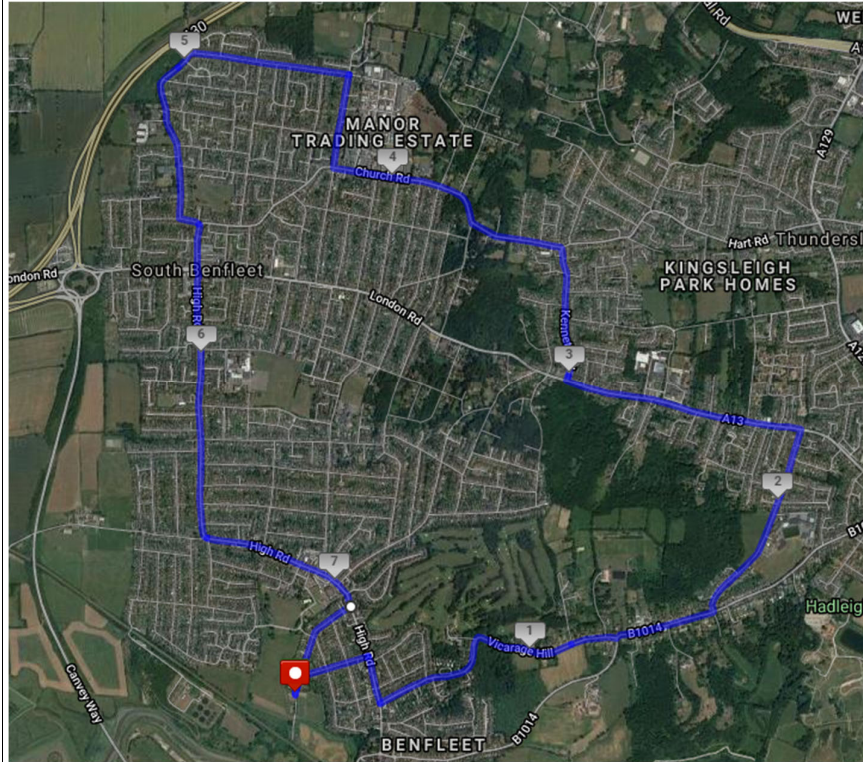
<p>TUESDAY EFFORTS</p>	<p>10th</p>	<p>EFFORT SESSION Ian's hill session (session plan to follow)</p> <p>BOBBY'S RUN</p>
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Benfleet Running Club Training October 2023

**THURSDAY
RUN**

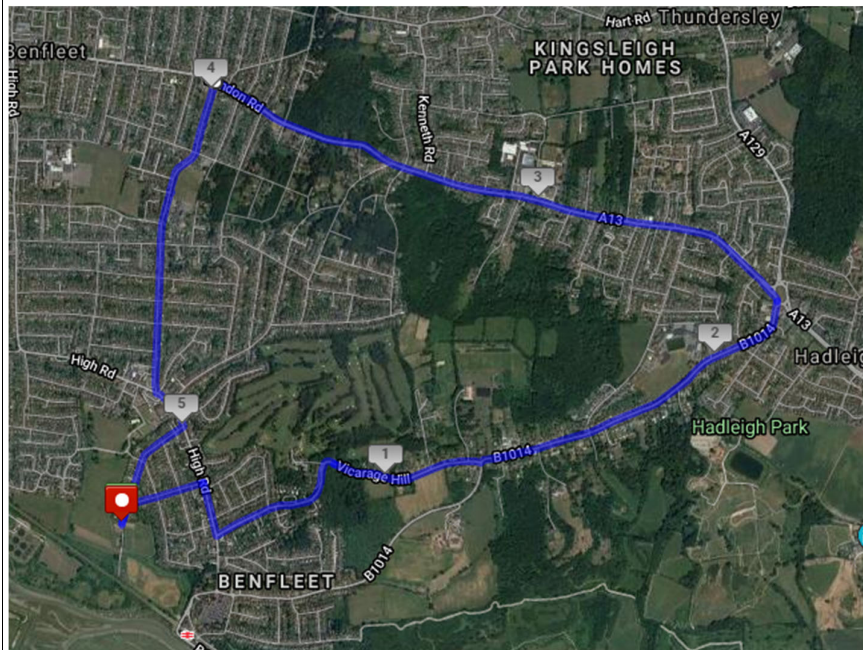
12th

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIP
WRIGHTS/KILN RD/KENNETH RD/CHURCH RD/MANOR RD/
WOODSIDE/RUSHBOTTOM LN/TARPOTS/HIGH RD/BROOKRD
7.6 MILES

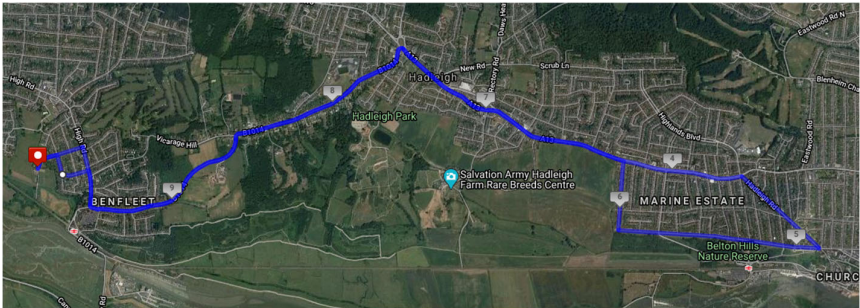



SHORTER ROUTE 5.3 MILES

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIP
WRIGHTS/KILN RD/BREAD AND CHEESE/KENTSHILL/
BROOK RD



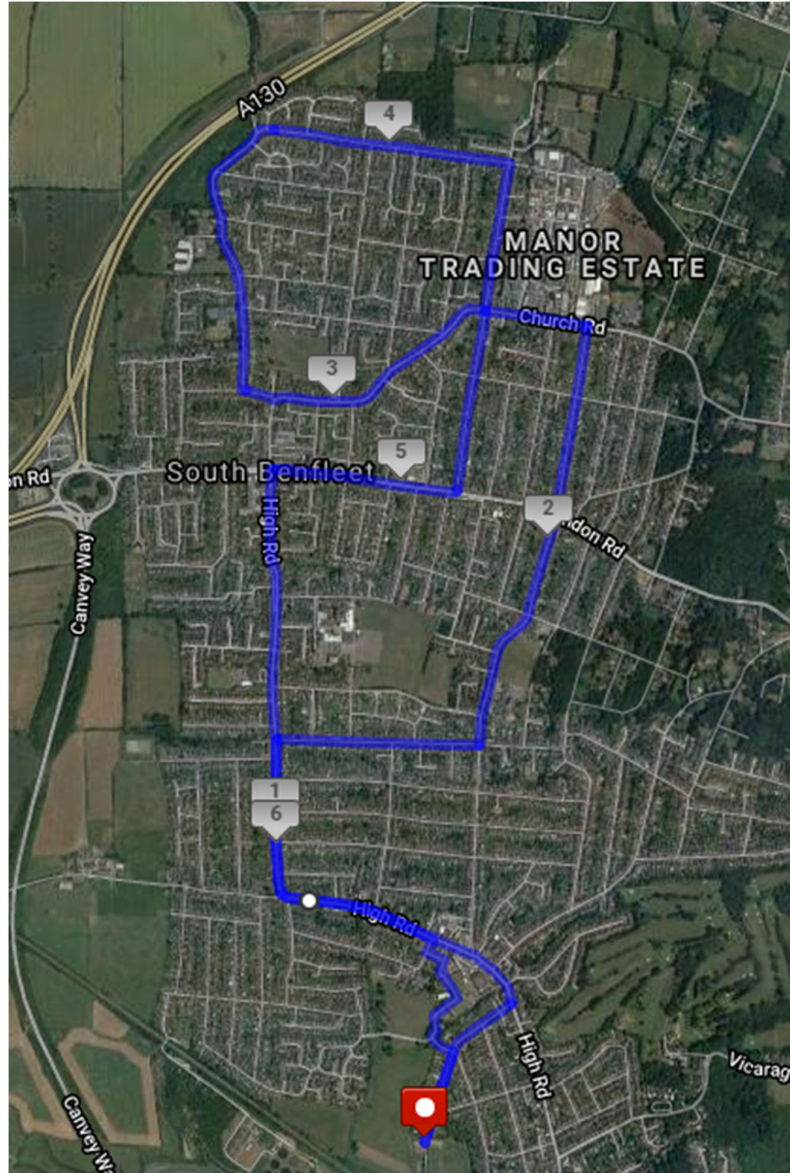
Benfleet Running Club Training October 2023

<p>TUESDAY EFFORTS</p>	<p>17th</p>	<p>EFFORT SESSION Efforts and Chips Using club mile loop 1 miles warm up 3-4 6 min efforts with 3 min standing recoveries 1 mile cool down to fish and chip shop</p> <p>BOBBY'S RUN</p>
<p>THURSDAY RUN</p>	<p>19th</p>	<p>HOPE RD/HIGH RD/ESSEX WAY/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</p>  <p>SHORTER ROUTE 6.2 MILES</p>  <p>HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/A13/RECTORY RD/NEW ROAD/CHAPEL LANE/ST JOHNS RD/BENFLEET RD/ ESSEX WAY/HIGH RD/GREEN RD/FLEET RD/CLUB</p>
<p>TUESDAY EFFORTS</p>	<p>24th</p>	<p>EFFORT SESSION 1 mile w/u, using Hill Rd/ Fernleigh loop 2 x 2min, 2 x 2.30 min, 2 x 3min effort with 1min/ 1.15 min/ 1.30 standing recoveries. 1 mile c/d.</p> <p>BOBBY'S RUN</p>

**Benfleet Running Club
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**THURSDAY
RUN**

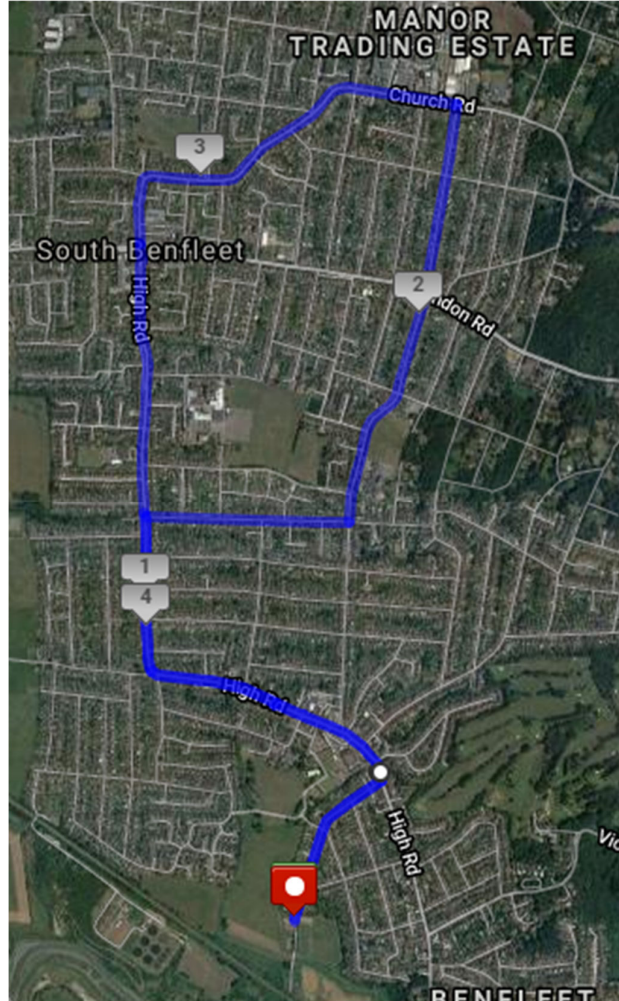
26th BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL
NORTH/CHURCH RD/RUSHBOTTOM LN/WOODSIDE
AVE/MANOR RD/LONDON RD/TARPOTS/HIGH RD/CLUB
7 MILES



**Benfleet Running Club
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SHORTER ROUTE 4.9 MILES

BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL
NORTH/CHUCH RD/TARPOTS HIGH RD/BROOK RD CLUB



**TUESDAY
EFFORTS**

31st

EFFORT SESSION

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

BOBBY'S RUN