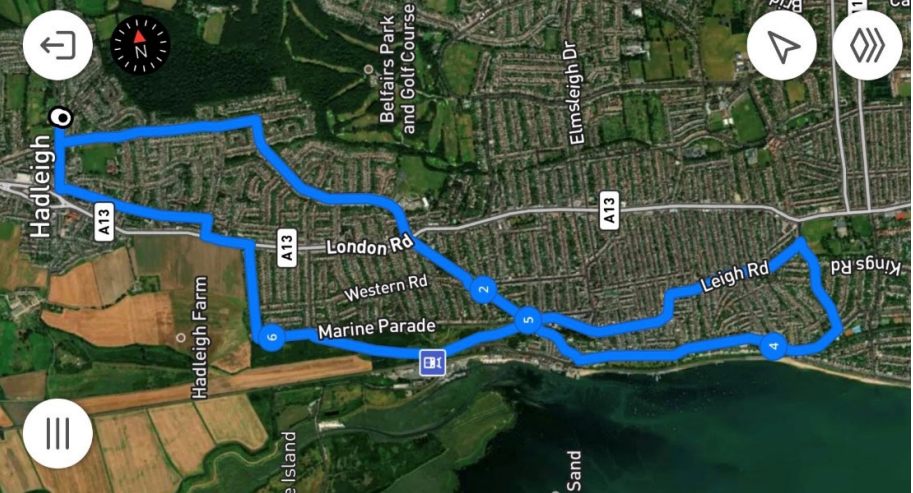
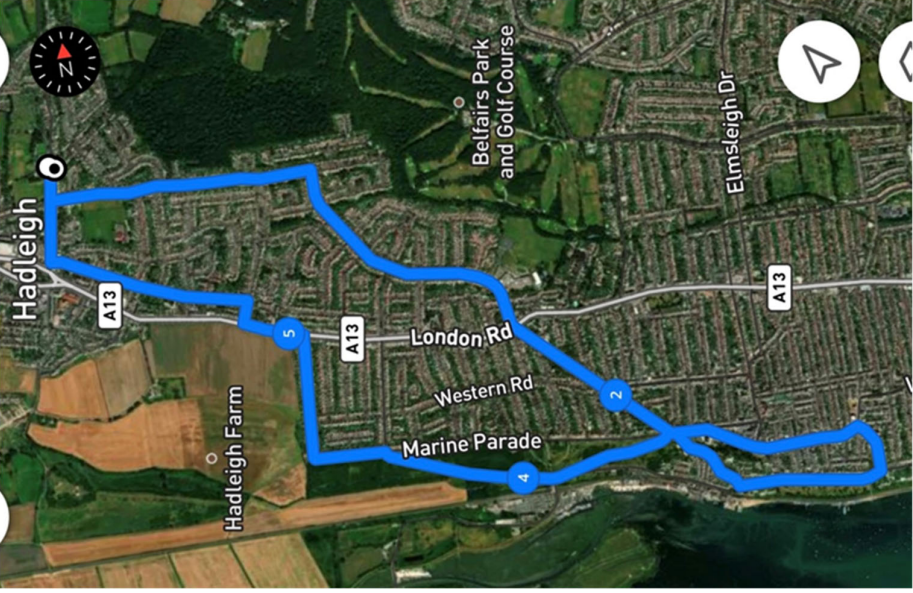


**BENFLEET RUNNING CLUB
TRAINING DECEMBER 2022**

<p>TUESDAY EFFORTS</p>	<p>5th JAMES C's KENYAN HILLS SESSION</p> <p>60s hill reps in 10 minute sets. 5 hills per set. 2-3 sets.</p> <p>BOBBY'S RUN</p>
<p>THURSDAY RUN</p>	<p>7th JOHN BURROWS TO LEIGH – LONGER ROUTE 7.5 MILES</p> <p>JOHN BURROWS/RECTORY RD/SCRUB LANE/HIGHLANDS BOULEVARD/ HADLEIGH RD/RECTORY GROVE/BRAODWAY WEST/BROADWAY/LEIGH RD/OLD LEIGH RD/THE DRIVE/THE RIDGEWAY/GRAND PARADE/CLIFF PARADE/LEIGH HILL/LEIGH PARK RD/ RECTORY GROVE/BELTON WAY EAST/BELTON WAY WEST/MARINE PARADE/TATTERSAL GARDENS/LONDON RD/ WOODFIELD RD/CHURCH RD/RECTORY GROVE/JOHN BURROWS</p> 

**BENFLEET RUNNING CLUB
TRAINING DECEMBER 2022**

	<p>SHORTER ROUTE 6 MILES JOHN BURROWS/RECTORY RD/SCRUB LANE/HIGHLANDS BOULEVARD/ HADLEIGH RD/RECTORY GROVE/BRAODWAY WEST/BROADWAY/GRAND DRIVE/CLIFF PARADE/LEIGH HILL/ LEIGH PARK RD/RECTORY GROVE/ BELTON WAY EAST/BELTON WAY WEST/MARINE PARADE/TATTERSAL GARDENS/LONDON RD/ WOODFIELD RD/CHURCH RD/RECTORY GROVE/JOHN BURROWS</p> 
<p>TUESDAY EFFORTS</p>	<p>12th IAN'S EFFORT SESSION</p> <p>Out and back reps of 30/45/60/75/90s with double jog back recoveries. 2-3 sets.</p> <p>BOBBY'S RUN</p>

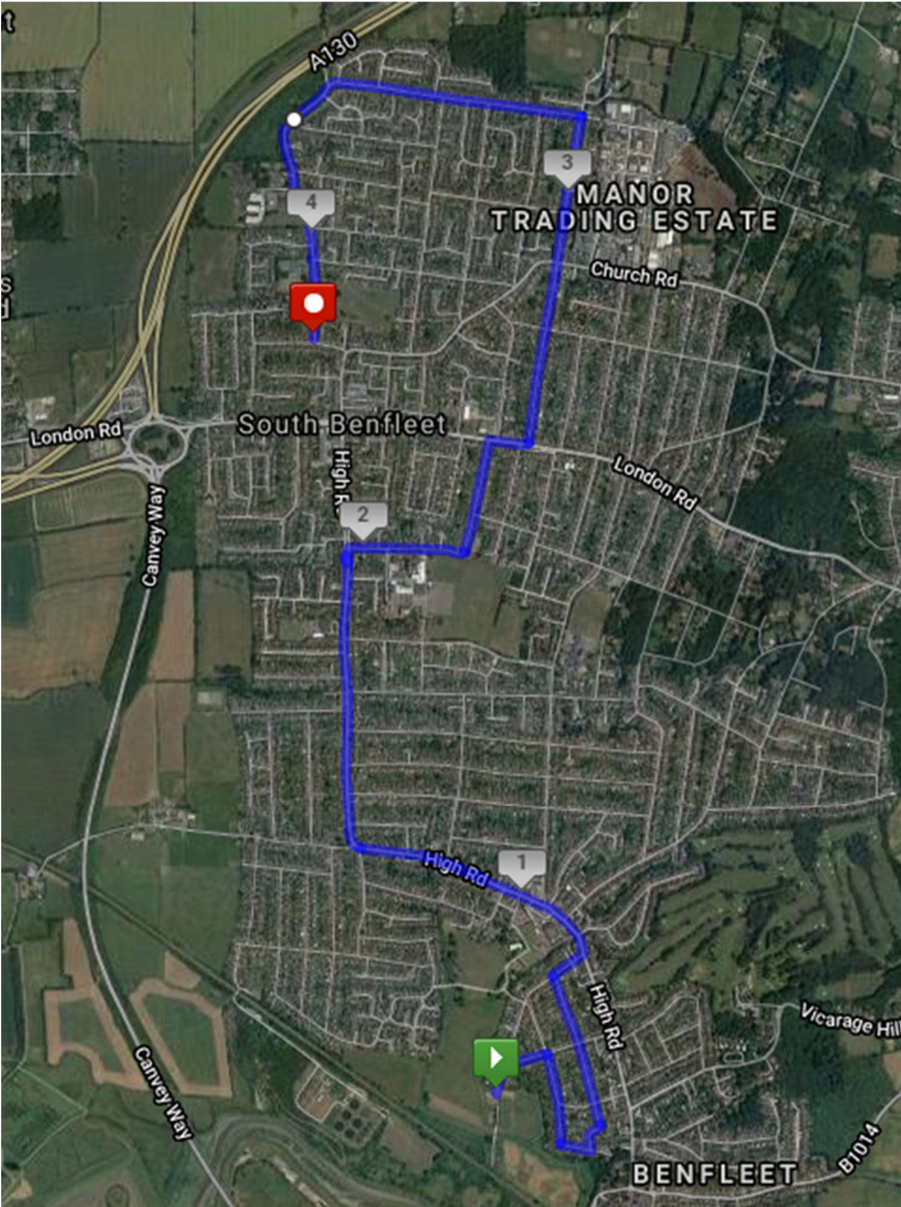
**BENFLEET RUNNING CLUB
TRAINING DECEMBER 2022**

**THURSDAY
RUN**

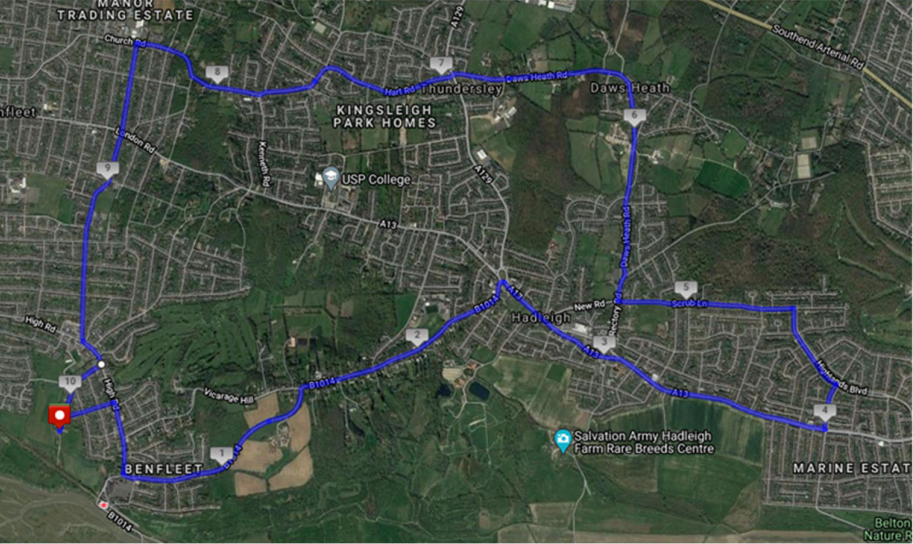
14th

25 MINUTES OUT AND BACK

BROOK RD/HOPE RD/FLEET RD/HALL FARM RD/BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL NORTH/CHURCH RD/MANOR RD/WOODSIDE AVE/RUSH BOTTOM LANE



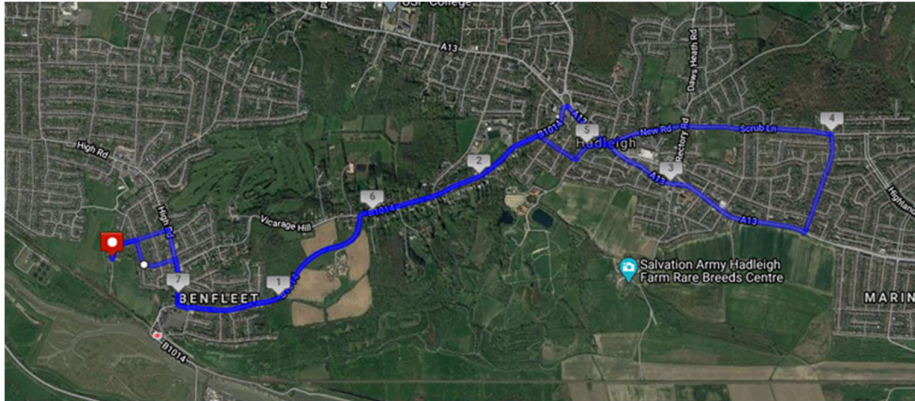
BENFLEET RUNNING CLUB TRAINING DECEMBER 2022

<p>TUESDAY EFFORTS</p>	<p>19th</p>	<p>MINCE PIE EFFORTS</p> <p>Effort Session followed by mince pies and a drink at the Club House.</p> <p>10 x 2 minute efforts with diminishing standing recovery 90/60/30/90/60/30/90/60/30. Using Fleet Road. Reverse direction after each effort.</p> <p>BOBBY's RUN</p>
<p>THURSDAY RUN</p>	<p>21st</p>	<p>LONGER ROUTE 10.1 MILES. HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/DAWS HEATH RD/HART RD/CHURCH RD/KENTS HILL NORTH/KENTS HILL/HIGH/RD/BROOK RD.</p> 

**BENFLEET RUNNING CLUB
TRAINING DECEMBER 2022**

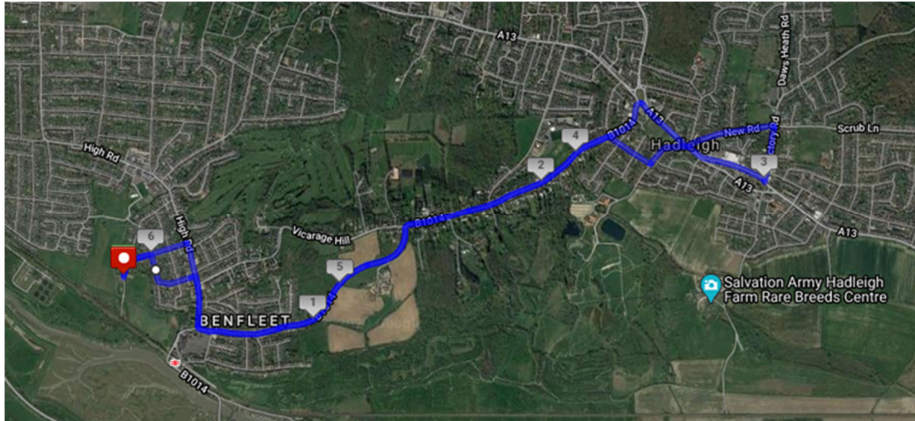
MEDIUM ROUTE 7.5 MILES

HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13
SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/NEW
RD/CHAPEL LANE/ST JOHNS RD//BENFLEET RD/ESSEX
WAY/HIGH RD/HALL FARM RD/FLEET RD/CLUB

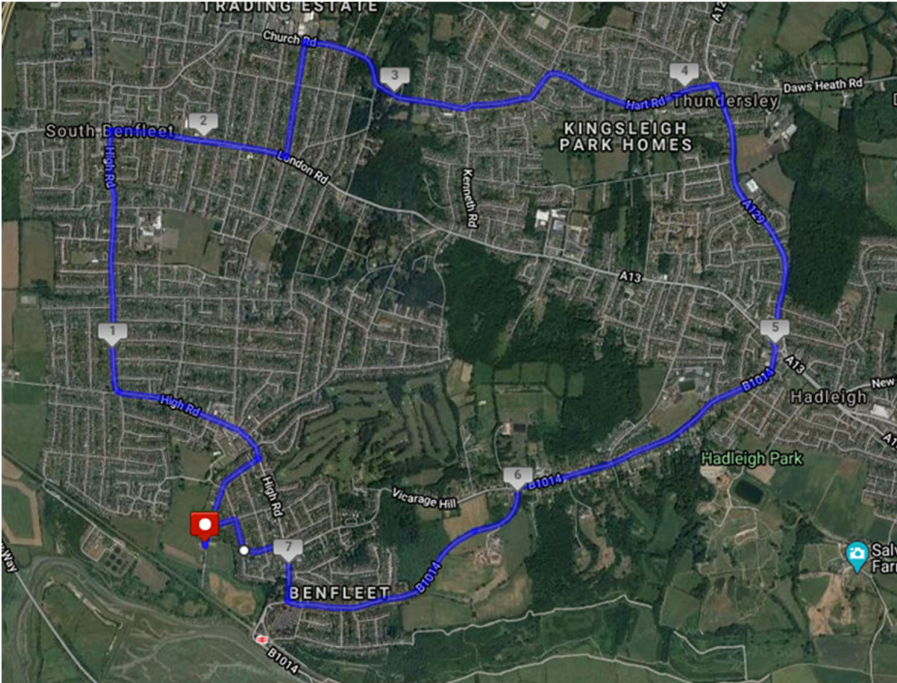


SHORTER ROUTE 6.1 MILES.

HOPE RD/HIGH RD/ ESSEX WAY/ BENFLEET RD/A13/RECTORY
RD NEW RD/ST JOHNS RD/CHAPEL
LANE/A13/SHIPWRIGHTS/BENFLEET RD/ESSEX WAY/HIGH
RD/HALL FARM RD/FLEET RD/CLUB



**BENFLEET RUNNING CLUB
TRAINING DECEMBER 2022**

<p>TUESDAY EFFORTS</p>	<p>26th</p>	<p>CLUB CLOSED – ENJOY YOUR BOXING DAY!</p>
<p>THURSDAY RUN</p>	<p>28th</p>	<p>BROOK RD/HIGH RD/TARPOTS/LONDON RD/KENTS HILL NORTH/CHURCH RD/HART RD/RAYLEIGH RD/VICHOUSE/BENFLEET RD/ESSEX WAY/FLEET ROAD/BROOK RD 7.4 MILES</p> 
		<p>SHORTER ROUTE 5.2 MILES BROOK RD/KENTS HILL SOUTH/BREAD AND CHEESE/KILN RD/SHIPWRIGHTS DR/BENFLEET RD/ESSEX WAY/CLUB</p>

**BENFLEET RUNNING CLUB
TRAINING DECEMBER 2022**

