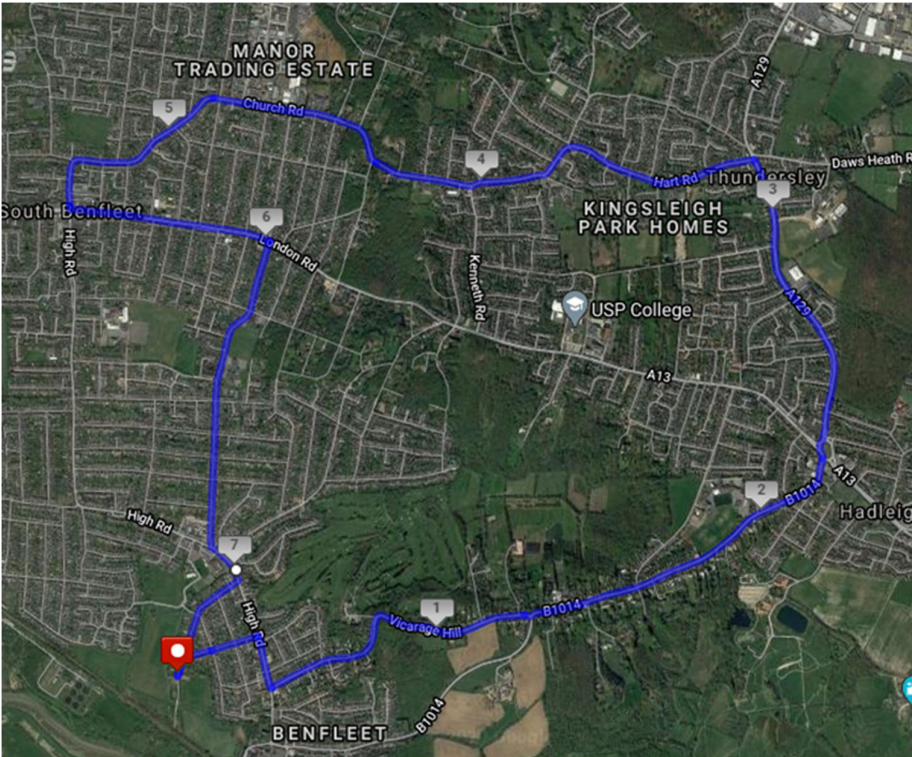


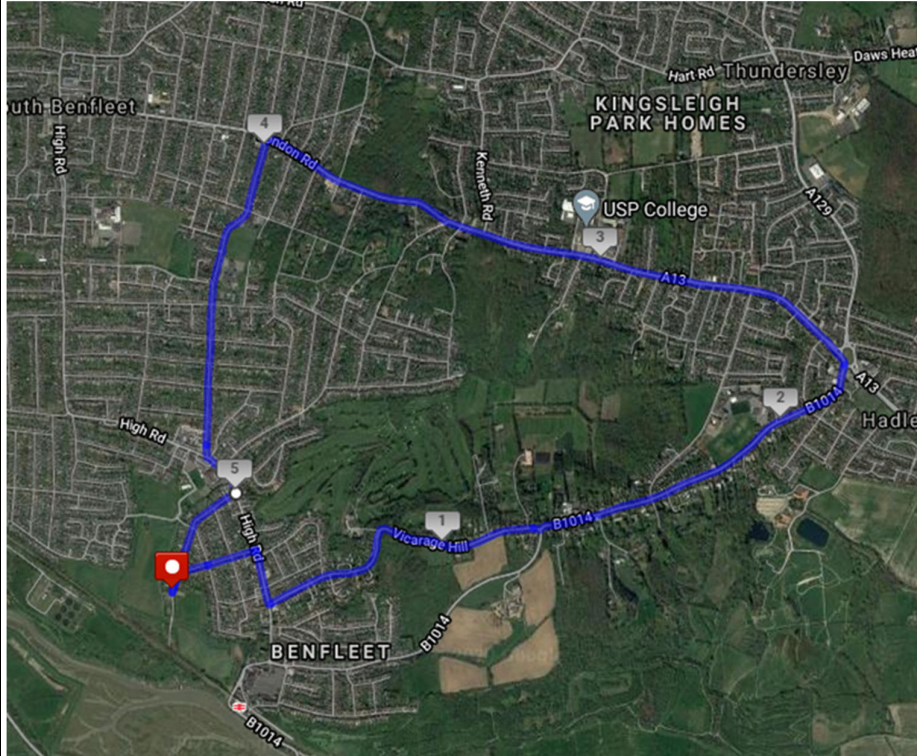
BENFLEET RUNNING CLUB TRAINING MARCH 2024

TUESDAY	5th	EFFORT SESSION – 21 HILLS 1 mile warm up. 7 x 25 sec hill efforts with 60 sec recovery x 3 hills. Using Mill Hill, Sidwell Lane and River View. 1 mile cool down. BOBBY’S RUN
THURSDAY RUN	7th	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 

BENFLEET RUNNING CLUB TRAINING MARCH 2024

SHORTER ROUTE 5.3 MILES

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/BREAD
AND CHEESE/KENTS HILL RD/HIGH RD/ BROOK RD



BOBBY'S RUN

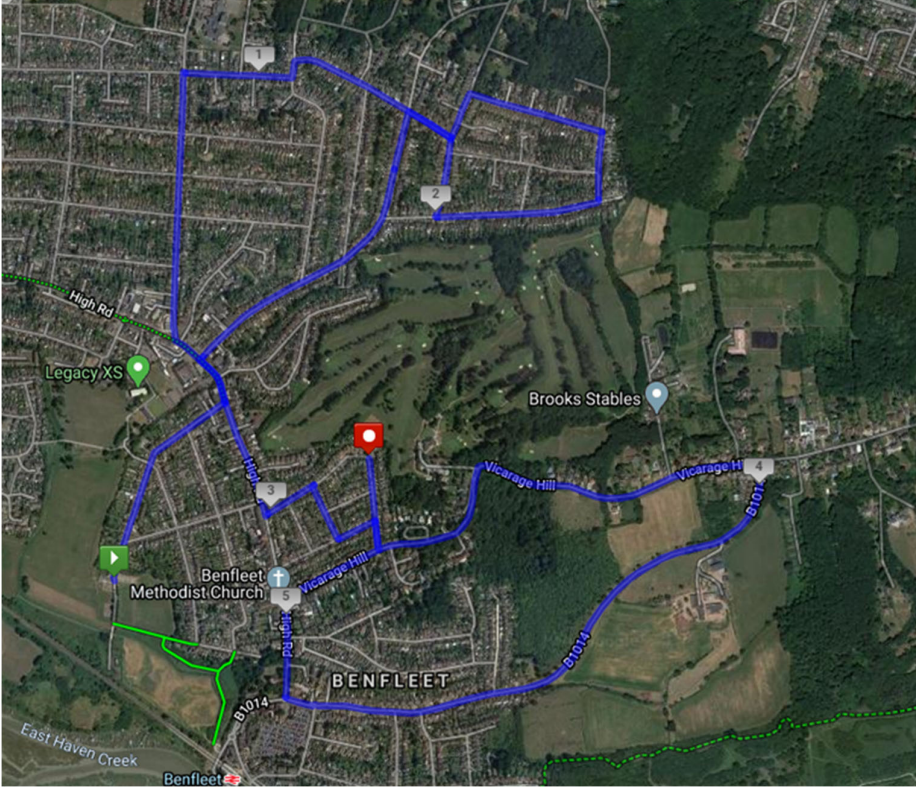

**TUESDAY
EFFORTS**

12th IAN'S EFFORTS

2x (5 x 500-650m on a 4 minute turn-around). Using Hall Farm Road & Green Road

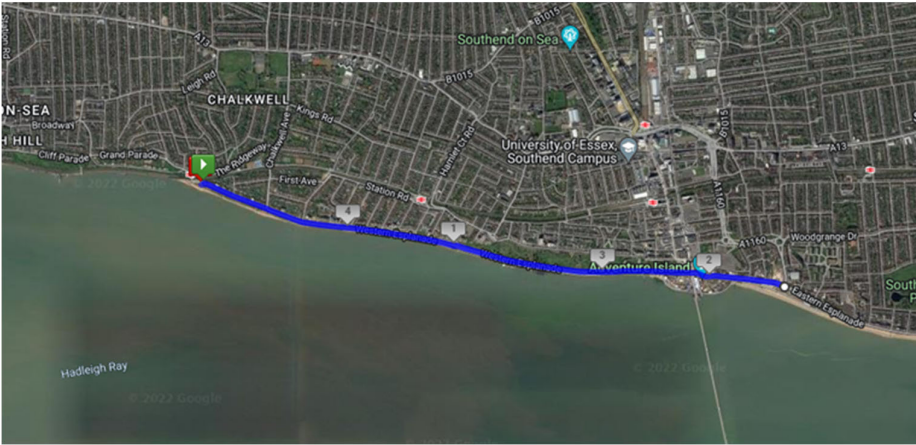
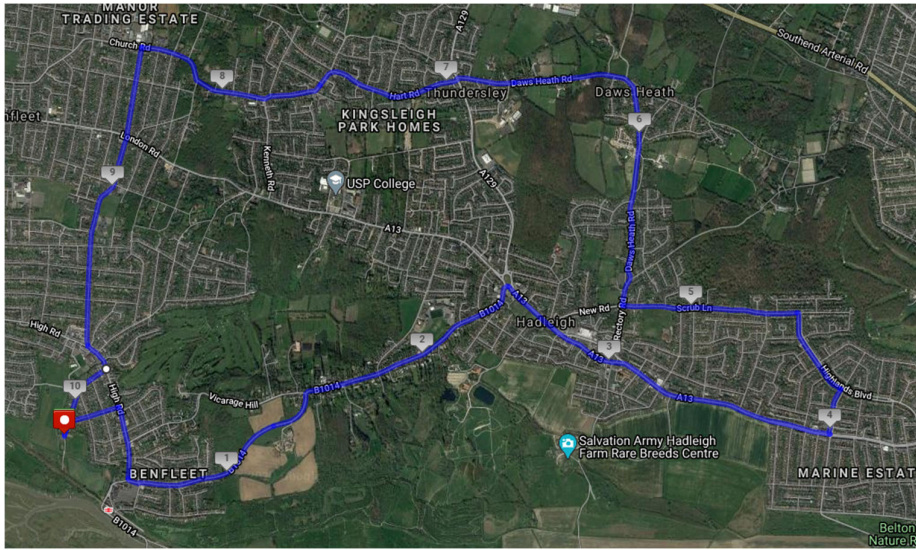
BOBBY'S RUN

BENFLEET RUNNING CLUB TRAINING MARCH 2024

THURSDAY RUN	14th	BALL BREAKER 5 MILES  BOBBY'S RUN
TUESDAY EFFORTS	19th	AGM  PLEASE attend the club AGM and show your support. Being held at Little Havens, off Daws Heath Road in Thundersley (SS7 2LH). Doors open 7.00pm. Meeting starts 7.15pm.

BENFLEET RUNNING CLUB

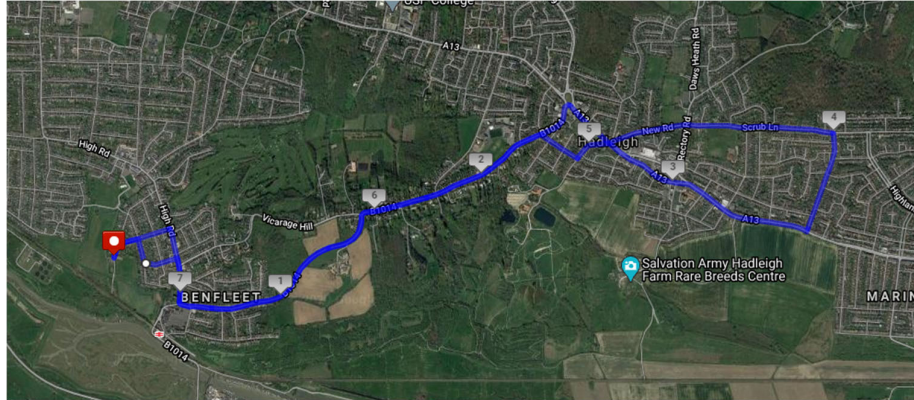
TRAINING MARCH 2024

<p>THURSDAY RUN</p>	<p>21st</p>	<p>30 mins out and back along Southend sea front from Chalkwell station. Meet outside Chalkwell station from 7.15 for usual 7.30 start</p>  <p>BOBBY'S RUN</p>
<p>TUESDAY EFFORTS</p>	<p>26th</p>	<p>JAMES'S EFFORTS</p> <p>5-8 x 1000m efforts on the Bird estate K loop, with 300m jog recovery between efforts. Followed by 4 x 200m efforts with 60s standing recovery.</p> <p>BOBBY'S RUN</p>
<p>THURSDAY RUN</p>	<p>28th</p>	<p>MARATHON SPECIAL!</p> <p>LONG ROUTE 10.1 MILES HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13 SUTHERLANDS 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 MARCH 2024

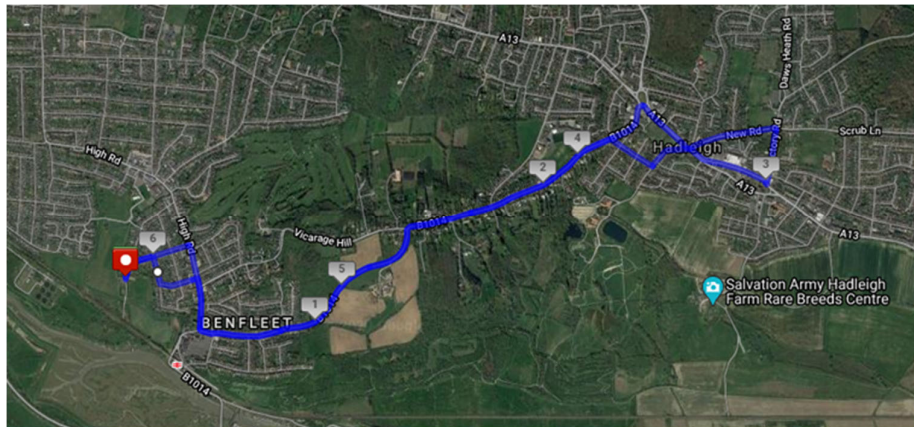
MEDIUM ROUTE 7.5 MILES

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



BOBBY'S RUN