

BENFLEET RUNNING CLUB TRAINING APRIL 2024

**TUESDAY
EFFORTS**

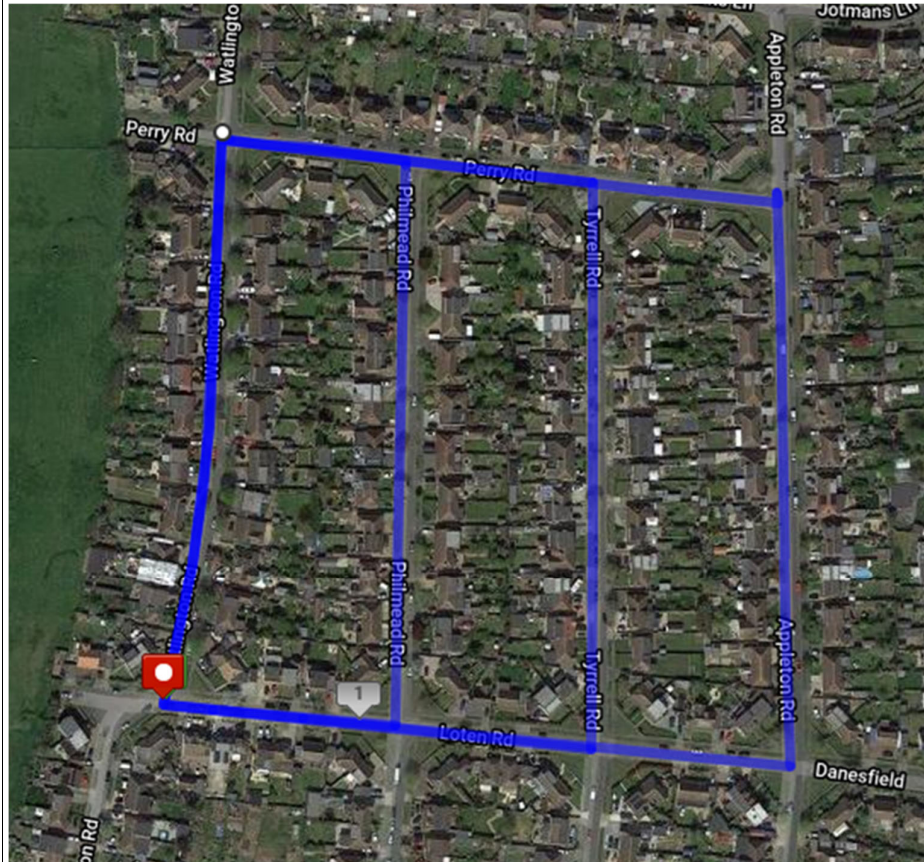
2nd EFFORT SESSION

Bird Estate Meet & Greet. 1000/800/600/1000/800/600m efforts. Run in pairs.

Standing recoveries:

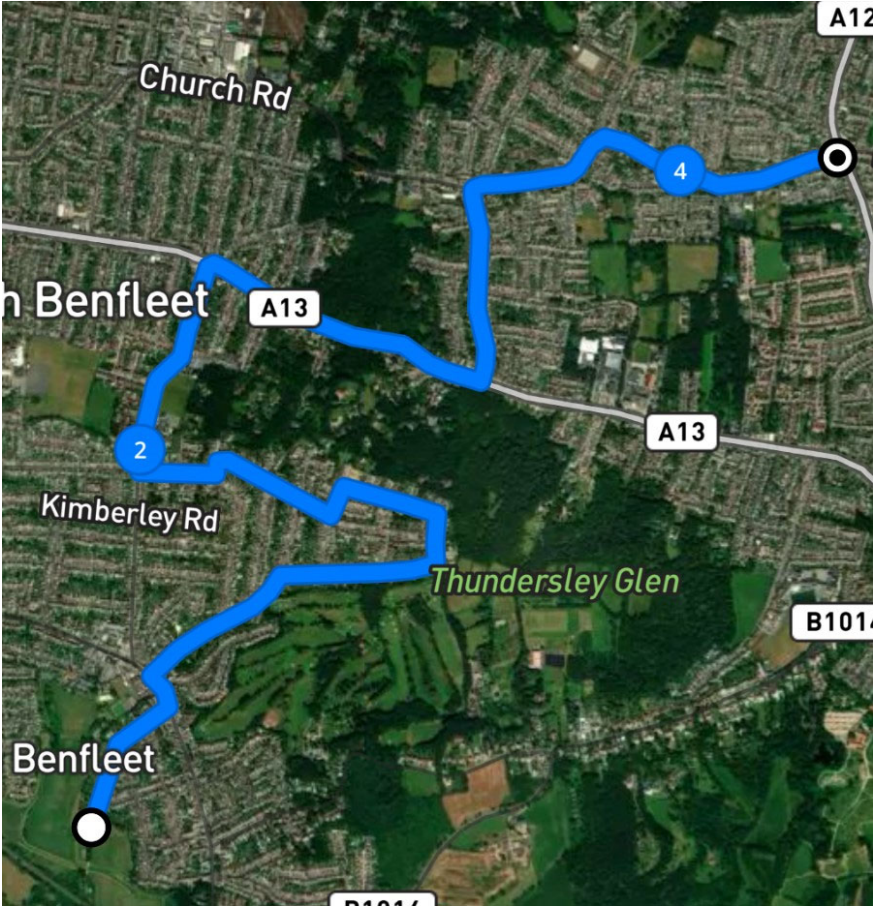
For the speedier pairs: 1000 = 2m, 800 = 90s, 600 = 60s

For the steadier pairs: 1000 = 2½ m, 800 = 2m, 600 = 90s



BOBBY'S RUN

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TRAINING APRIL 2024**

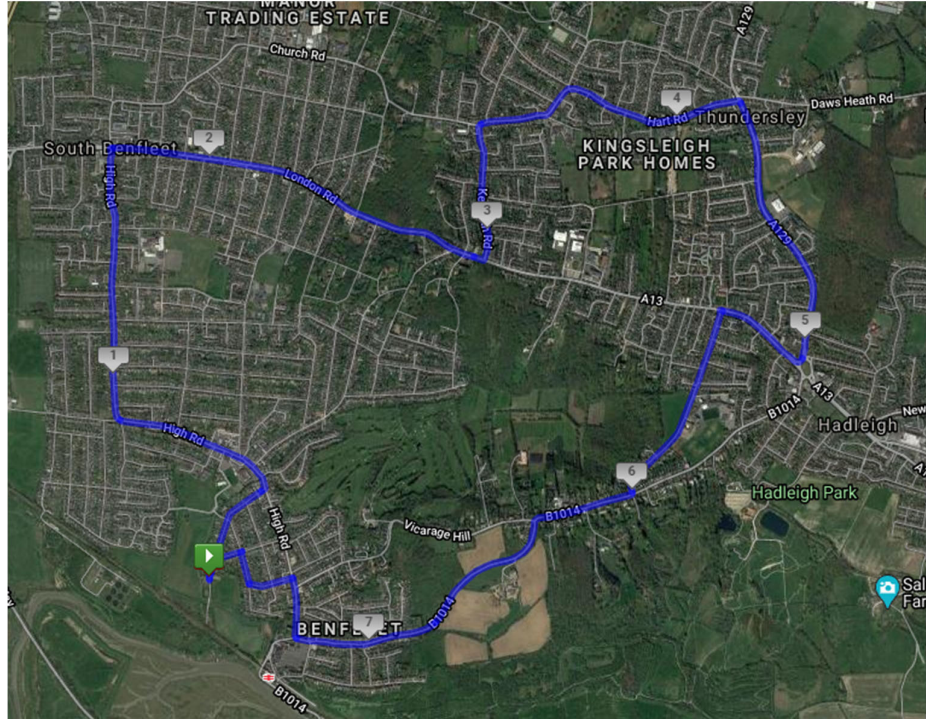
<p>THURSDAY RUN</p>	<p>4th</p>	<p>25 MINUNTE OUT & BACK</p> <p>BROOK RD/HIGH RD/THUNDERSLEY PARK RD/UNDERHILL/ MOUNT RD/SOUTHWELL RD/HILL RD/CLARENCE RD NTH/ CLIFTON AVE/ KENTS HILL RD/A13 LONDON RD/KENNETH RD/HART RD/ AND BACK</p>  <p>BOBBY'S RUN</p>
<p>TUESDAY EFFORTS</p>	<p>9th</p>	<p>EFFORT SESSION (UTILISING ESSEX WAY CLOSED TO TRAFFIC.....SUBJECT TO RISK ASSESSMENT CLOSER TO THE TIME!)</p> <p>Essex Way hill efforts 1x4min/2x3min/3x2min/4x1min/ jog recovery back after each effort.</p> <p>BOBBY'S RUN</p>

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**THURSDAY
RUN**

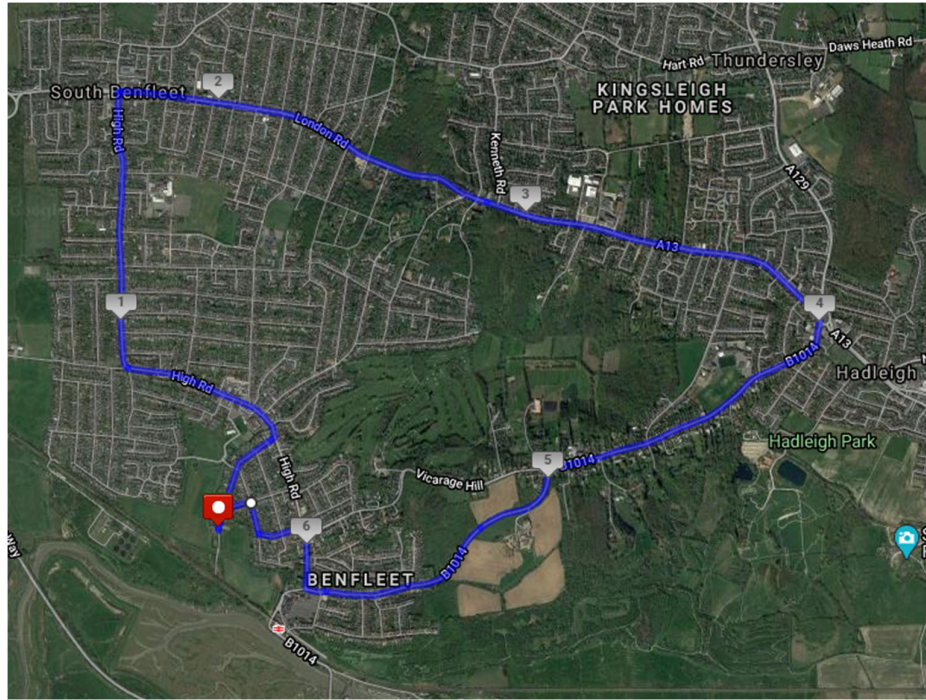
11th

**BROOK RD/HIGH RD/A13/BREAD AND CHEESE/KENNETH
RD/HART RD/RAYLEIGH RD/A13/SHIPWRIGHTS DR/BENFLEET
RD/ESSEX WAY/CLUB 7.8 MILES**



SHORTER ROUTE 6.1 MILES

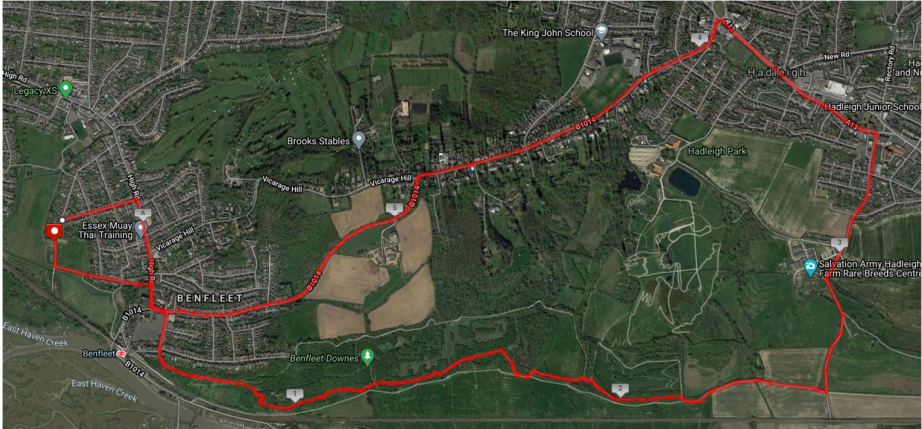

**BROOK RD/HIGH RD/A13/BREAD AND CHEESE/SHIPWRIGHTS
DR/BENFLEET RD/ESSEX WAY/CLUB**



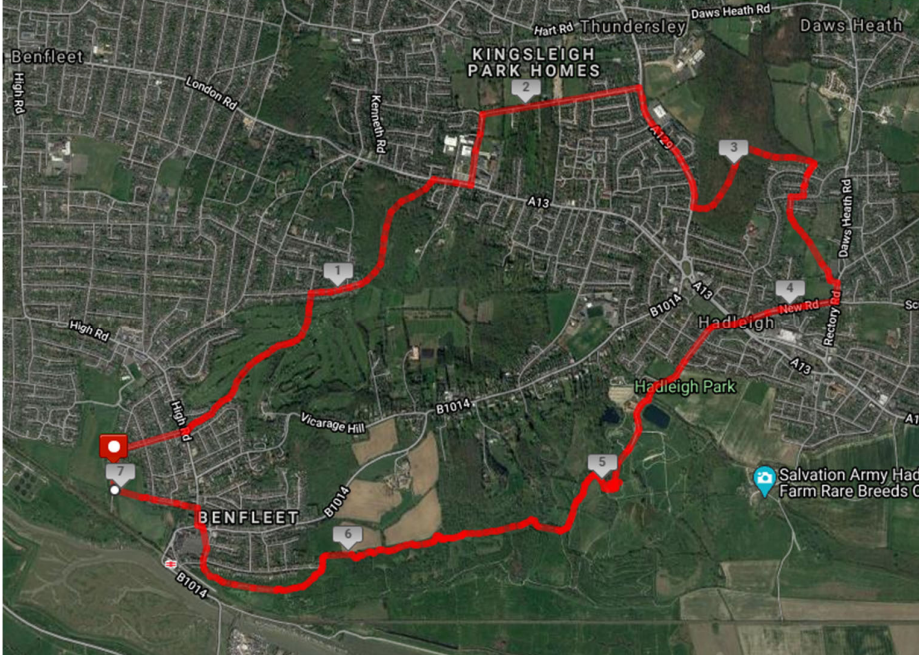
BOBBY'S RUN

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TRAINING APRIL 2024

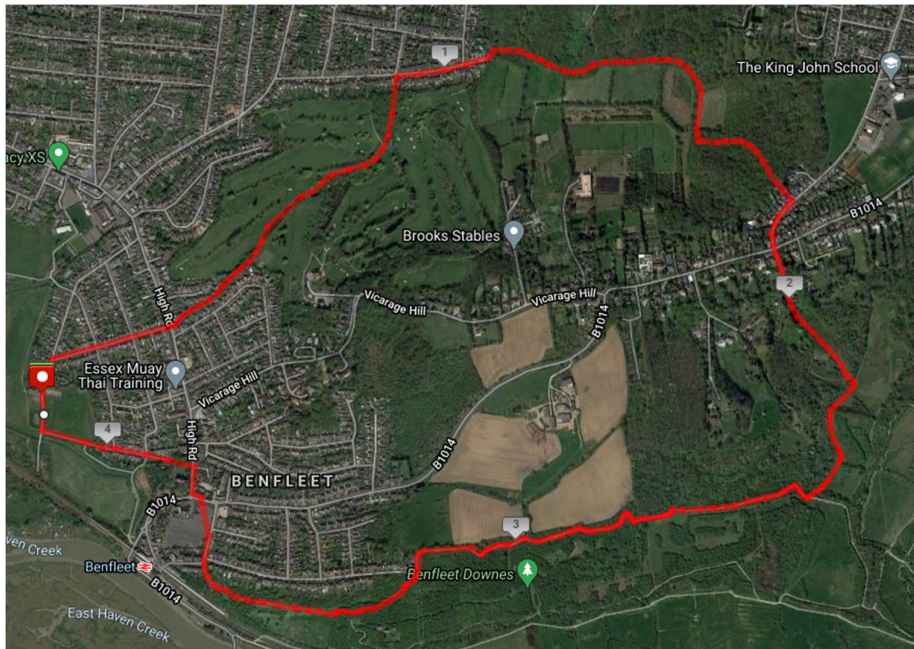
TUESDAY EFFORTS	<p>16th EFFORT SESSION – EASTWOOD TRACK</p> <p>IAN’s Track Session at Eastwood Academy, Rayleigh Rd, Leigh-on-Sea, SS9 5UU.</p> <p>Everyone over to Eastwood for the first track session of 2024. If you need a lift then let us know in advance on a club night, or post on the WhatsApp group, and someone will be able to help. Please arrive at 7.15pm for the warm up & drills.</p> <p>BOBBY’S RUN</p>
THURSDAY RUN	<p>18th BROOK RD/HOPE RD/HIGH RD/SCHOOL LANE/LOWER GRAVELPATH ON DOWNS/CASTLE LANE/ A13/ BENFLEET RD/ESSEX WAY /CLUB 6.3 MILES</p>  <p>SHORTER ROUTE 4.1 MILES BROOK RD/HOPE RD/HIGH RD/SCHOOL LANE/UPPER GRAVEL PATH ON DOWNS/ LEFT ONTO PATH LEADING TO SHIPWRIGHTS HILL/BENFLEET RD/ ESSEX WAY/CLUB</p>  <p>BOBBY’S RUN</p>

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<p>TUESDAY EFFORTS</p>	<p>23rd</p>	<p>EFFORT SESSION – TRAIL OPTION</p> <p>Tim’s Trail Surprise!</p> <p>EFFORT SESSION – TRACK OPTION</p> <p>Ian’s track session at Eastwood Academy (Rayleigh Rd, Leigh-on-Sea, SS9 5UU). Please arrive at 7.15pm for the warm up & drills.</p> <p>BOBBY’s RUN</p>
<p>THURSDAY RUN</p>	<p>25th</p>	<p>HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATHTHROUGH GLEN/X A13/RUNNYMEADE CHASE/THECHASE/RAYLEIGH RD/WESTWOOD/ UP THROUGH JOHN BURROUGHS/NEW RD/ X A13/CHAPEL LANE/UPPER GRAVEL PATH (PARK RUN ROUTE)/SCHOOL LANE/CLUB (Run back via Benfleet Rd/Essex Way if too dark towards end)</p> <p>7.1 MILES</p> 

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SHORTER ROUTE 4.3 MILES



HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATH THROUGH GLEN/SHIPWRIGHTS DR/ (IF LIGHT IS FAILING TAKE BENFLEET RD/ESSEX WAY BACK TO CLUB) OR X BENFLEET RD/ DOWN FOOTPATH TO SHIPWRIGHTS HILL/UPPER GRAVEL PATH(PARK RUN ROUTE)/SCHOOL LANE/CLUB (Run back via Benfleet Rd/Essex Way if too dark towards end)

BOBBY'S RUN

<p>TUESDAY EFFORTS</p>	<p>30th</p>	<p>EFFORT SESSION – TRAIL OPTION</p> <p>Mick V's Hadleigh Downs efforts. From 3 way sign on gravel path. 3 x 7 minute efforts with 3.5 min standing recovery, using upper gravel path.</p> <p>EFFORT SESSION – TRACK OPTION</p> <p>Ian's track session at Eastwood Academy (Rayleigh Rd, Leigh-on-Sea, SS9 5UU). Please arrive at 7.15pm for the warm up & drills.</p> <p>BOBBY's RUN</p>