BENFLEET RUNNING CLUB
TRAINING MAY 2024

For any of the sessions held away from Brook Road, if you need a lift then let us know in advance on a club night or on the WhatsApp group, and someone will be able to help. Now we're running the trails, **DON'T FORGET YOUR INSECT REPELLENT**!!!

THURSDAY RUN	**2nd**	**ST MARY'S 10K IN REVERSE**  HALL FARM RD/HIGH RD/SCHOOL LANE/UPPER GRAVEL PATH/ SHIPWRIGHTS CLOSE/SHIPWRIGHTS DRIVE/THUNDERSLEY GLEN/MOUNT RD/LIME RD/THUNDERSLEY PARK RD/UNDERHILL RD/JARVIS RD/BOWERS RD/KENTS HILL RD/ CLIFTON AVE/HIGH RD/WAVERTREE RD/UPLANDS RD/JOTMANS LANE/WATLINGTON RD/LOTEN RD/PHILMEAD RD/WOODHAM RD/ACROSS RICHMOND PLAYING FIELDS BACK TO CLUB **BOBBY'S RUN**

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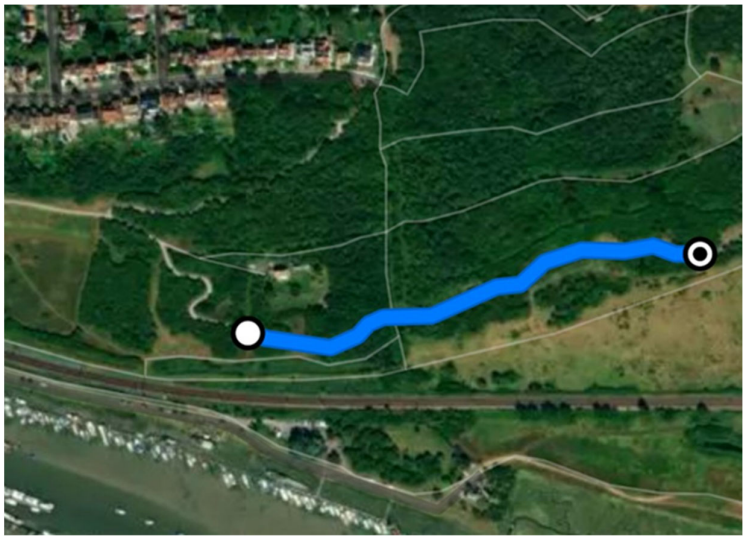
TUESDAY EFFORTS	**7th**	**EFFORT SESSION – TRAIL OPTION** Downs, lower gravel path. 1 mile arm up. Flat efforts starting at bottom of first hill after upper and lower path split. Out and back reps of 30/45/60/75/90s with double jog back recoveries. 2-3 sets.  **EFFORT SESSION – TRACK OPTION** Ian's track session at Eastwood Academy (Rayleigh Rd, Leigh-on-Sea, SS9 5UU). Please arrive at 7.15pm for the warm up & drills. **BOBBY's RUN**

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THURSDAY RUN	**9th**	**ROUND THE CASTLE - 7 MILES** School Lane / lower gravel path/ past castle / up slope returning to castle / through castle / Castle Lane / Sea View Terrace / footpath to Mountain Bike Centre / back down Park Run Route / School Lane / Club.  **Shorter Route 5.8 Miles** School Lane / lower gravel path / Castle Lane / Sea View Terrace / footpath to Mountain Bike Centre / back down Park Run Route / School Lane / Club.  If the light is failing when you reach the mountain bike course return by road, Chapel Ln/St John's Rd/Benfleet Rd/Essex Way **BOBBY'S RUN**

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TUESDAY EFFORTS	**14th**	**EFFORT SESSION** Hill reps, The Glen – Effort up to Shiprights Drive. Don't forget to touch the oak tree at the top of the hill or it doesn't count. 1.7 mile warm up /6-8 250m efforts with 250m jog recovery/ 1.7 mile cool down. Return via road - Shipwrights, Benfleet Rd, Essex Way, Club  **BOBBY'S RUN**

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THURSDAY RUN	**16th**	**BOBBY'S CANVEY RUN - 6 MILES** **Meet at Lobster Smack, Haven Road SS8 0NR at 7.15 for a 7.30 start. Drink in the Smack afterwards for anyone that fancies it.** On to sea wall run left to edge of caravan park down slope to Thorney Bay Road, Right in to Craven Road. Turn right and then left at traffic lights into Denham Road. Turn right along footpath along side of lake. At end of path right Linde Road, left then left again. At side of hotel left down path on other side of lake. At end of path cross into New Road, right then left into Haven Road, back to pub. 
TUESDAY EFFORTS	**21st**	**EFFORT SESSION** Leader Running Fartlek session over the Downs (Everyone take a turn leading the group, 4 mins a time) **BOBBY'S RUN**

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THURSDAY RUN	**23rd**	**THE BADGER RUN – 6.4 MILES**  **Shorter route possible by running along Underhill and back over golf course after exiting The Glen, this should reduce the run by about 1 mile** **BOBBY'S RUN**
TUESDAY EFFORTS	**28th**	**EFFORT SESSION** Tim's Drills on Hills! (RE-SCHEDULED) **BOBBY'S RUN**

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THURSDAY RUN	**30th**	**HOCKLEY RUN – 6.4 MILES** **Meet at Hockley Woods car park by The Bull pub FROM 7.00pm for 7.15 start. Drink afterwards in The Bull next door for anyone that fancies it.** The route is primarily trail. A GPX file for the route will be made available.