




BENFLEET RUNNING CLUB

TRAINING AUGUST 2025

MONDAY S&C	4th	STRENGTH & CONDITIONING SESSION Meet at John Burrows car park from 7.15pm for 7.30 start. Bring a bottle of water and either a towel or yoga mat to lay on.
TUESDAY EFFORTS	5th	EFFORT SESSION – HORSE SHOE EFFORTS 2 mile warm up Horse Shoe in The Downs 2x(6 x 300M) effort, using both hills 2 mile cool down BOBBY's RUN
THURSDAY RUN	7th	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. 


BENFLEET RUNNING CLUB

TRAINING AUGUST 2025

		<p>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</p> <p>BOBBY'S RUN</p>
MONDAY S&C	11th	<p>STRENGTH & CONDITIONING SESSION</p> <p>Meet at John Burrows car park from 7.15pm for 7.30 start. Bring a bottle of water and either a towel or yoga mat to lay on.</p>
TUESDAY EFFORTS	12th	<p>EFFORT SESSION – WATERSIDE TRACK</p> <p>Ian's track session at Waterside Canvey. Please arrive at 7.15pm for the warm up & drills.</p> <p>BOBBY's RUN</p> <p>The Club House will be open at the usual time for anyone wishing to do a run from there, but there will be no scheduled effort session from Brook Road.</p>
THURSDAY RUN	14th	<p>HOCKLEY RUN – 6.4 MILES</p> <p>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.</p> 

BENFLEET RUNNING CLUB

TRAINING AUGUST 2025

		<p>The Club House will be open at the usual time for anyone wishing to do a run from there, but there will be no scheduled run from Brook Road.</p>
MONDAY S&C	18th	<p>STRENGTH & CONDITIONING SESSION</p> <p>Meet at John Burrows car park from 7.15pm for 7.30 start. Bring a bottle of water and either a towel or yoga mat to lay on.</p>
TUESDAY EFFORTS	19th	<p>EFFORT SESSION – LITTLE HAVENS</p> <p>Meet at John Burrows 7.15 for 7.30.</p> <p>3x800m/3 min standing recovery 2x400m/90 sec standing recovery 5x300m/300m jog recovery</p> <p>BOBBY's RUN</p>
THURSDAY RUN	21st	<p>THE BADGER RUN – 6.4 MILES</p>  <p>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</p> <p>BOBBY'S RUN</p>
MONDAY S&C	25th	<p>**NO STRENGTH & CONDITIONING SESSION THIS WEEK**</p>

BENFLEET RUNNING CLUB
TRAINING AUGUST 2025

TUESDAY EFFORTS	26th	EFFORT SESSION – WATERSIDE TRACK Join Ian at Waterside Canvey for our last track session of 2025. Please arrive at 7.15pm for the warm up & drills. BOBBY's RUN The Club House will be open at the usual time for anyone wishing to do a run from there, but there will be no scheduled effort session from Brook Road.
THURSDAY RUN	28th	RUN AND DRINK Making the most of our last club trail run for 2025 before we hit the roads again next month! Join us for a run which will finish with a drink at The Peterboat in Old Leigh where we'll reserve a few tables. Route TBA. Either starting and finishing in Leigh, or starting at the club, run to Leigh, train back. TBA.