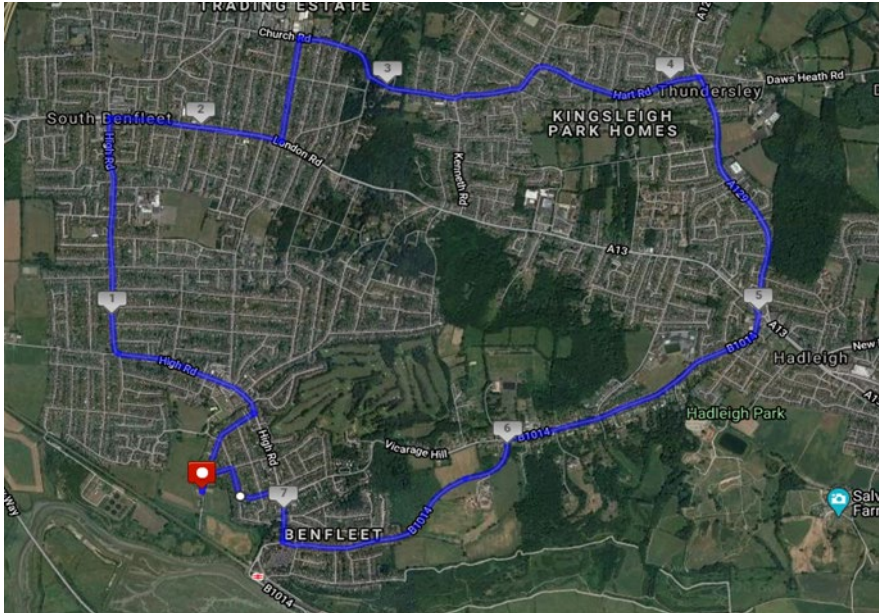


Benfleet Running Club

Training Plan

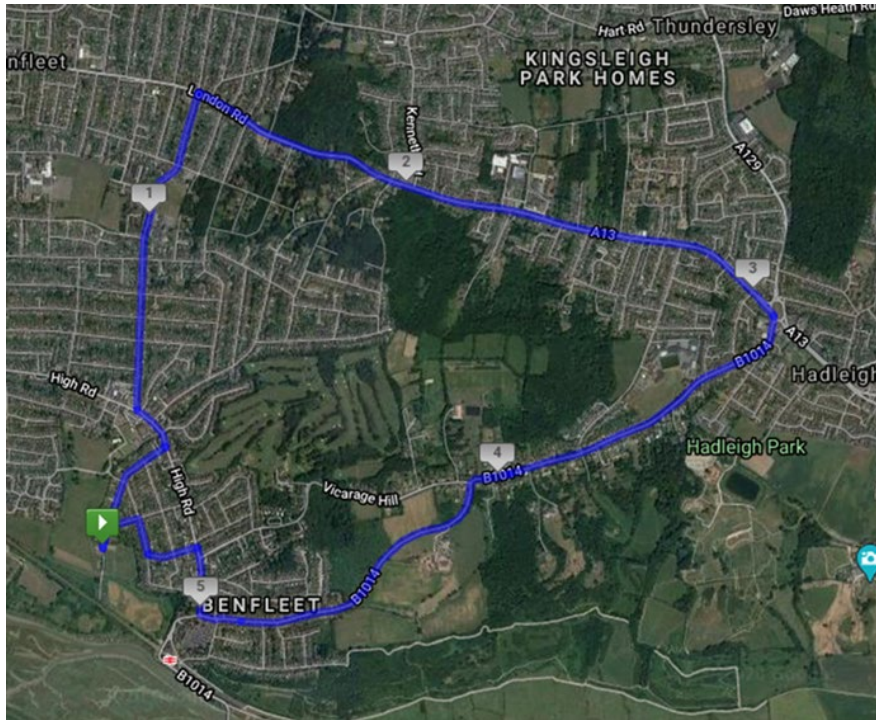
September 2025

TUESDAY EFFORTS	2nd	EFFORT SESSION GREENWOOD AVE/SIDWELL AVE 1 mile w/u/ 400M x 6/8 Hill Efforts/ 1 mile c/d BOBBY’S RUN
THURSDAY RUN	4th	LONGER ROUTE (7.4 MILES) BROOK RD/HIGH RD/TARPOTS/LONDON RD/KENTS HILL NORTH/CHURCH RD/HART RD/RAYLEIGH RD/ VICHOUSE/ BENFLEET RD/ESSEX WAY/HIGH RD/GREEN RD/FLEET ROAD/HOPE RD/CLUB  SHORTER ROUTE (5.5 MILES)

Benfleet Running Club

Training Plan

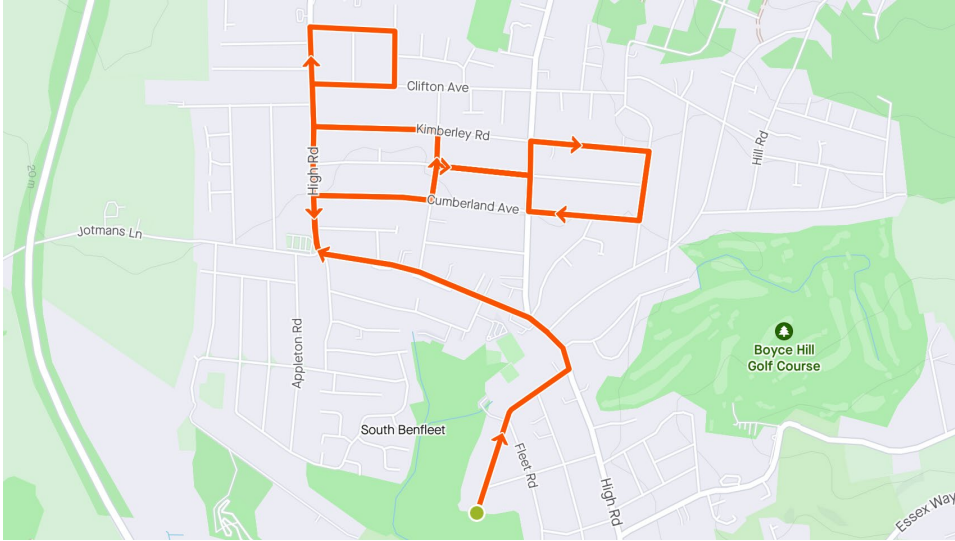
September 2025

		<p>BROOK RD/KENTS HILL SOUTH/BREAD AND CHEESE/KILN RD/VICHOUSE/BENFLEET RD/ESSEX WAY/ HIGH RD/GREEN RD/FLEET ROAD/HOPE RD/CLUB</p>  <p>BOBBY'S RUN</p>
TUESDAY RUN	9th	<p>OUR EFFORT SESSION AND RUN SWAPPED AROUND THIS WEEK TO GIVE OPPORTUNITY FOR RECOVERY AFTER THE WEEKEND'S ESSEX WAY RELAY</p> <p>A STEADY OUT AND BACK ONTO CANVEY. GROUPS CAN TURN AROUND WHEN IT SUITS THEM. GROUPS TO CHOOSE THEIR OWN ROUTE.</p> <p>BOBBY'S RUN</p>

Benfleet Running Club

Training Plan

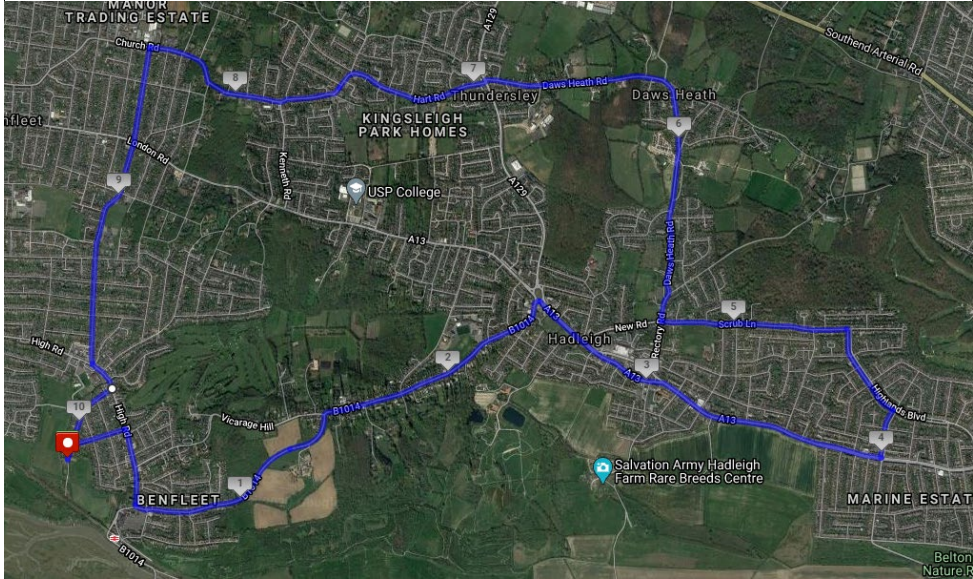
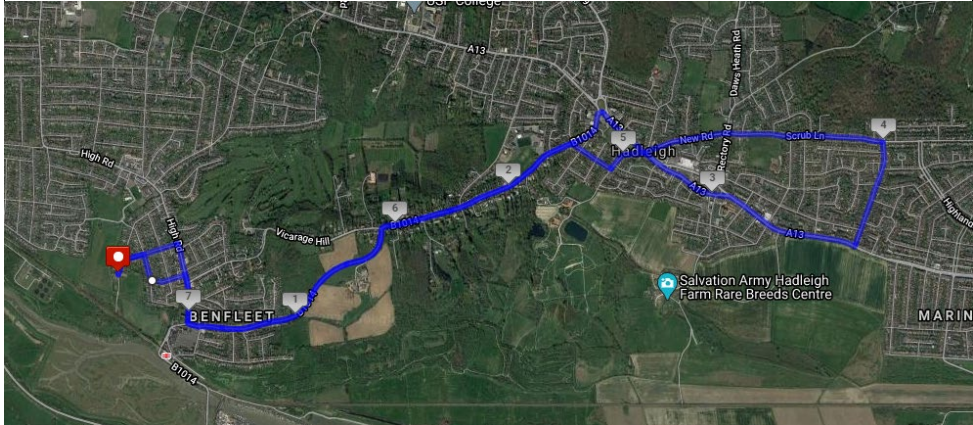
September 2025

THURSDAY EFFORTS	11th	<p>TIM'S BOW TIE EFFORT SESSION</p> <p>1 mile warm-up to Cumberland Ave. Efforts on the Horizontal, walk/jog recovery on the vertical. (Right, Up, Right, Up, Down, Left, Up, Left, Up, Left, Up, Right, down, Right). Recovery back to club.</p>  <p>BOBBY'S RUN</p>
TUESDAY EFFORTS	16th	<p>IAN'S EFFORT SESSION</p> <p>Efforts on the Bird Estate</p> <p>BOBBY'S RUN</p>

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Training Plan

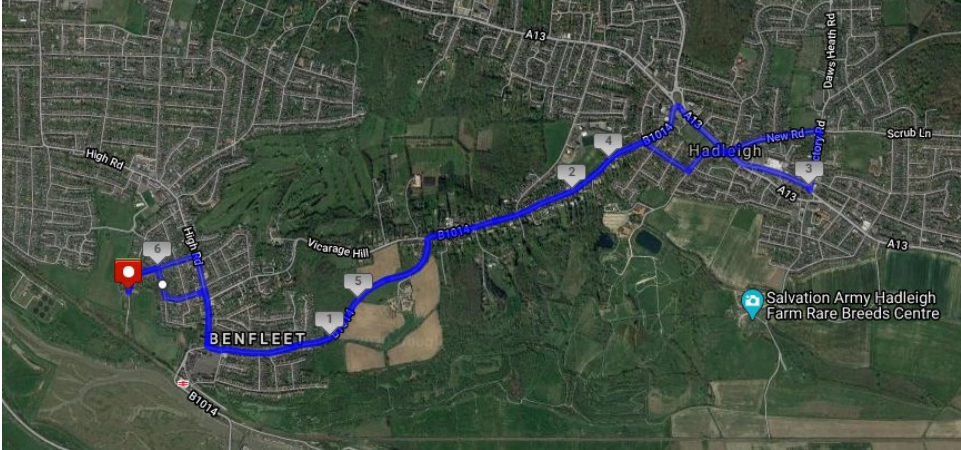
September 2025

<p>THURSDAY RUN</p>	<p>18th</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>  <p>MEDIUM ROUTE 7.5 MILES HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13/WOODFIELD ROAD/SCRUB LANE/NEW RD/CHAPEL LANE/ST JOHNS RD/BENFLEET RD/ESSEX WAY/HIGH RD/HALL FARM RD/FLEET RD/HOPE ROAD/CLUB</p> 
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Benfleet Running Club

Training Plan

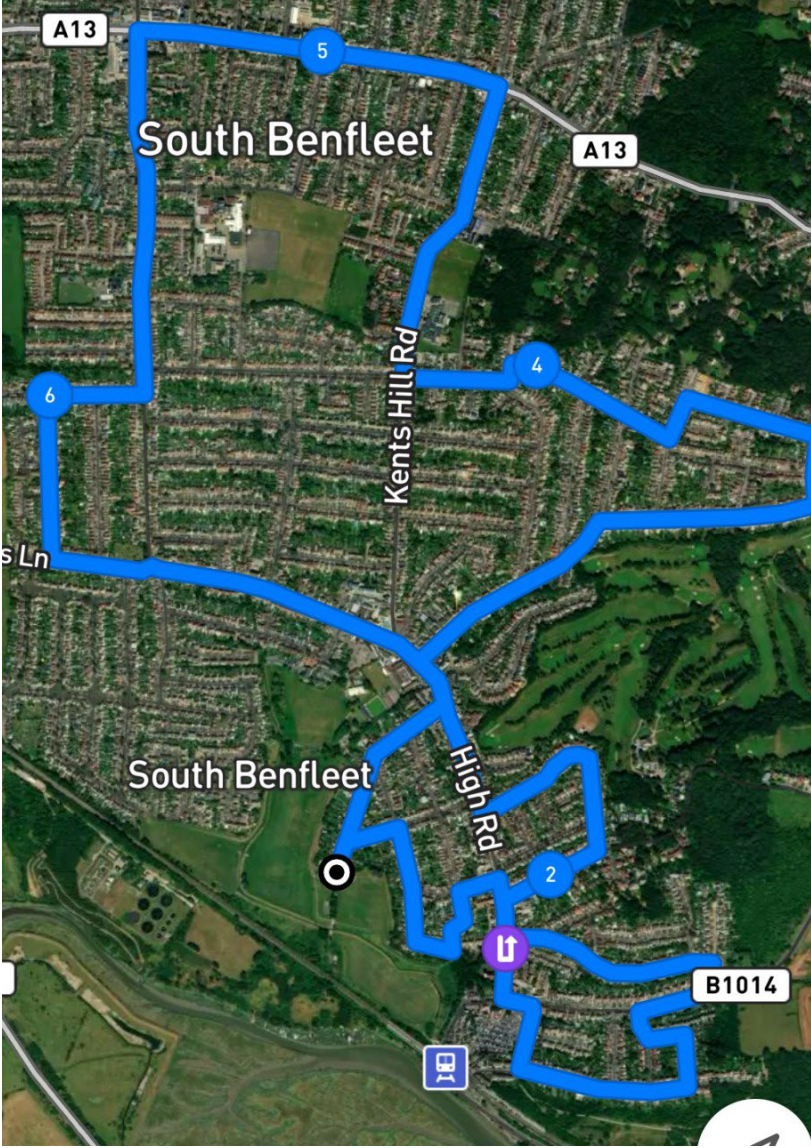
September 2025

		<p>SHORT ROUTE 6.1 MILES. HOPE RD/HIGH RD/ ESSEX WAY/ BENFLEET RD/A13/RECTORY RD/ NEW RD/ CHAPEL LANE/ST JOHNS ROAD/ BENFLEET RD/ ESSEX WAY/HIGH RD/HALL FARM RD/FLEET RD/HOPE ROAD/CLUB</p>  <p>BOBBY'S RUN</p>
TUESDAY EFFORTS	23rd	<p>EFFORT SESSION – VICARAGE HILL</p> <p>10 minute warm up. Efforts on Vicarage Hill/Kings Road. Continue for 40 mins. 10 minute cool down.</p> <p>Optional routes as below. Each pace group to choose their routes. Can stick to one, or mix it up.</p> <ol style="list-style-type: none"> 1. Bottom of Vicarage Hill, left into Kings Road and all way to top. Jog recovery back to start via Queens Road/High Road 2. Bottom of Vicarage Hill all way up to water tower. Jog recovery back via Essex Way 3. Bottom of Vicarage Hill, left into Kings Road, stopping at Hillside Road. Jog recovery back to start via Hillside Road/High Road. <p>BOBBY'S RUN</p>

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<p>THURSDAY RUN</p>	<p>25th</p>	<p>LONGER ROUTE (7.25 MILES) HOPE RD/FLEET RD/HALL FARM RD/GREEN RD/HIGH RD/ ESSEX WAY/SCHOOL LANE/ST MARYS RD/MILL HILL/ EASTLEIGH RD/HIGHCLIFF RD/ESSEX WAY/NORWOOD DRIVE/ ST MARYS DR/HIGH RD/VICARAGE HILL/KINGS RD/QUEENS RD/HIGH RD/THUNDERSLEY PK RD/UNDERHILL/MOUNT RD/ SOUTHWELL RD/HILL RD/CLARENCE RD NTH/CLIFTON AVE/ KENTS HILL RD/A13/HIGH RD/WAVERTREE RD/UPLANDS RD/ JOTMANS LN/HIGH RD/CLUB</p> 
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SHORTER ROUTE (5.75 MILES)

HOPE RD/FLEET RD/HALL FARM RD/GREEN RD/HIGH RD/
 ESSEX WAY/SCHOOL LANE/ST MARYS RD/MILL HILL/
 EASTLEIGH RD/HIGHCLIFF RD/ESSEX WAY/NORWOOD DRIVE/
 ST MARYS DR/HIGH RD/VICARAGE HILL/KINGS RD/QUEENS
 RD/HIGH RD/THUNDERSLEY PK RD/UNDERHILL/MOUNT RD/
 SOUTHWELL RD/HILL RD/CLARENCE RD NTH/CLIFTON AVE/
 HIGH RD/CLUB



**TUESDAY
EFFORTS**

30th

EFFORT SESSION – FLEET ROAD

1 mile w/u
 Fleet Rd 10 x 2 min efforts with diminishing standing recoveries
 90sec/60sec/30sec 90sec/60sec/30sec 90sec/60sec/30sec
 1 mile c/d

BOBBY’S RUN