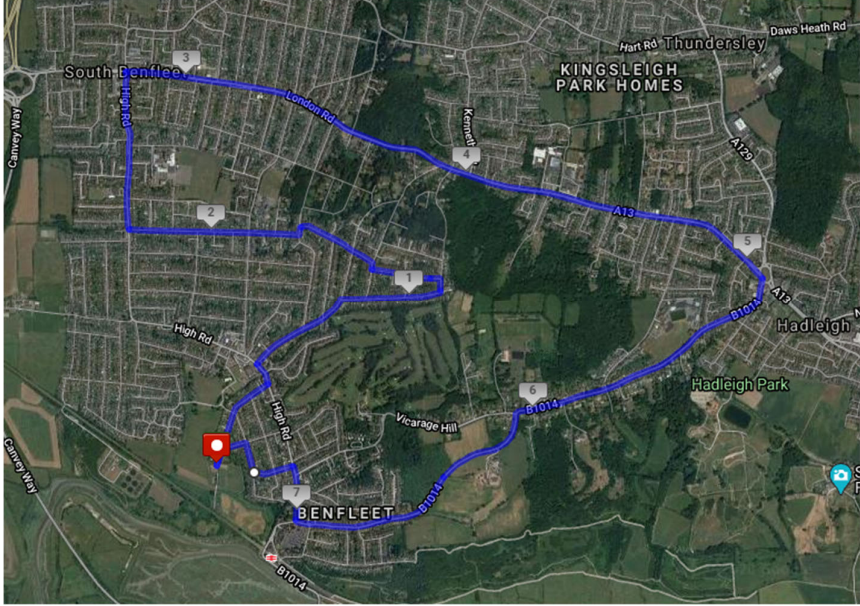
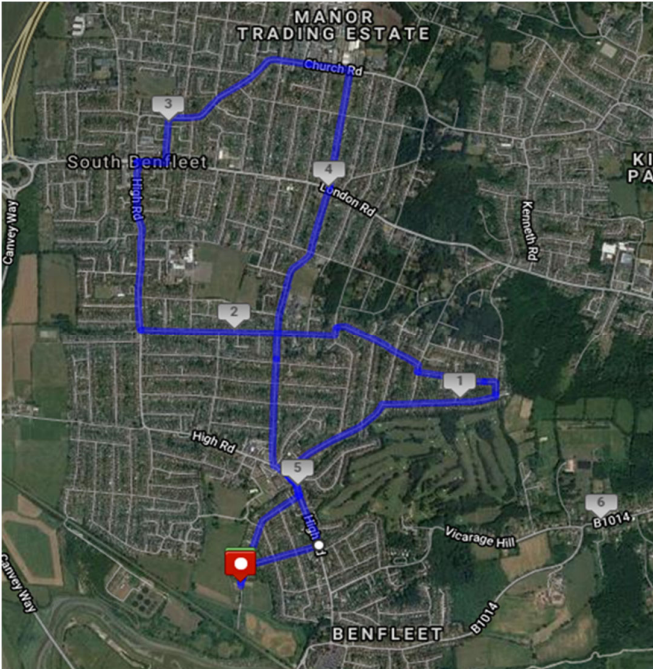


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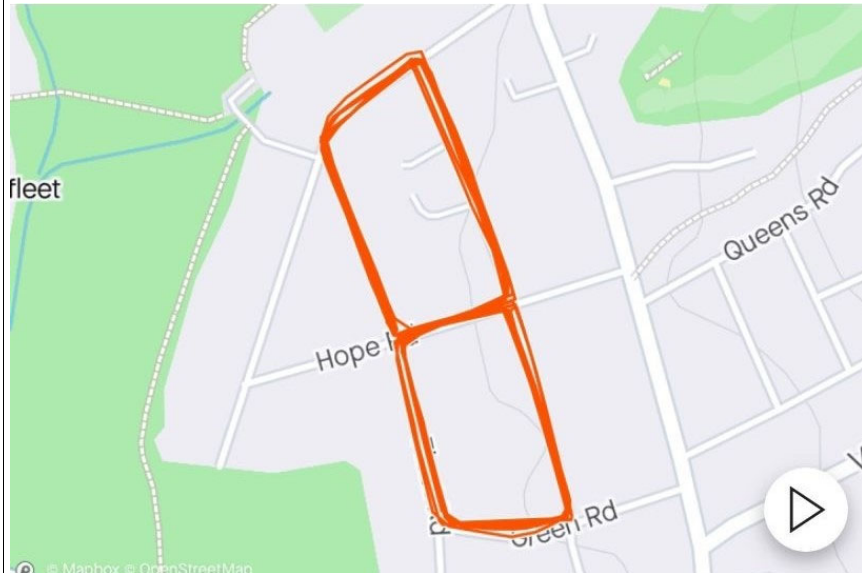
THURSDAY RUN	2nd	LONGER ROUTE 7.5 MILES BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL/MOUNTRD/FERNLEARD/HILLRD/CLARENCE RD /CLIFTON AVE/HIGH RD/A13/BREAD AND CHEESE/KILN RD/BENFLEET RD/ESSEX WAY/CLUB  SHORTER ROUTE 5.3 MILES BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL /MOUNT RD/FERNLEA RD/HILL RD/CLARENCE RD N/ CLIFTON AVE/HIGH RD/TARPOTS/CHURCH RD/KENTS HILL/ CLUB 
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Benfleet Running Club
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**TUESDAY
EFFORTS**

7th EFFORT SESSION – HARWOOD’S ‘8’

2x long loops - alternating directions/ 4x half loops – alternating direction - walking recovery down Hope Road/ 8 short efforts along the straights with walking recoveries at the ends.



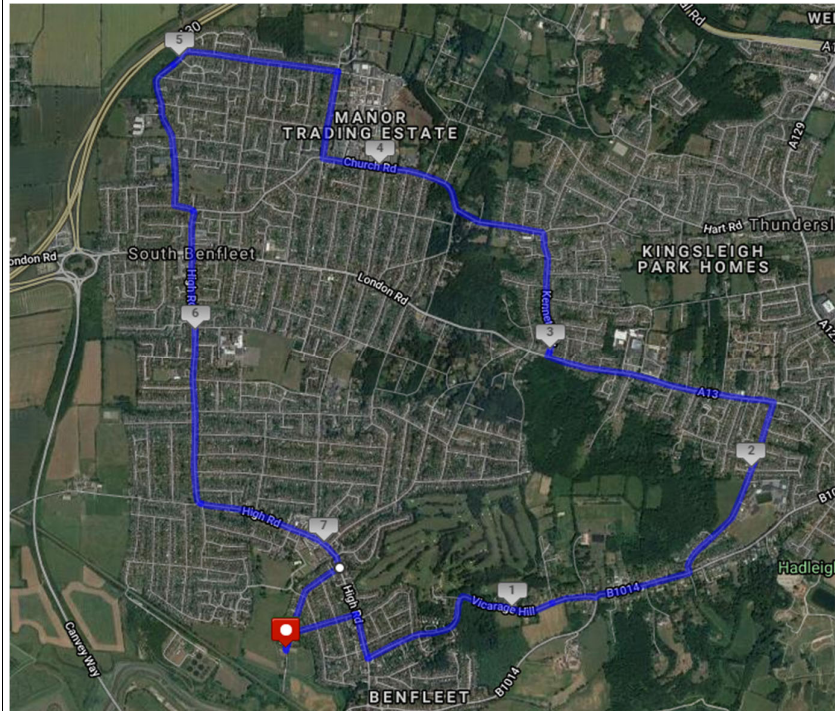
BOBBY’S RUN

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**THURSDAY
RUN**

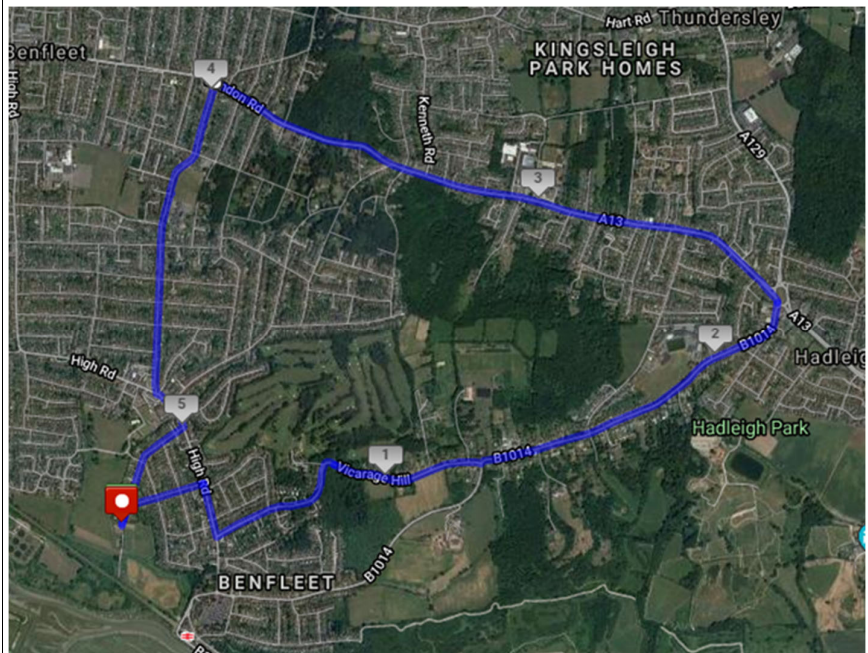
9th

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIP
WRIGHTS/KILN RD/KENNETH RD/CHURCH RD/MANOR RD/
WOODSIDE/RUSHBOTTOM LN/TARPOTS/HIGH RD/BROOKRD
7.6 MILES



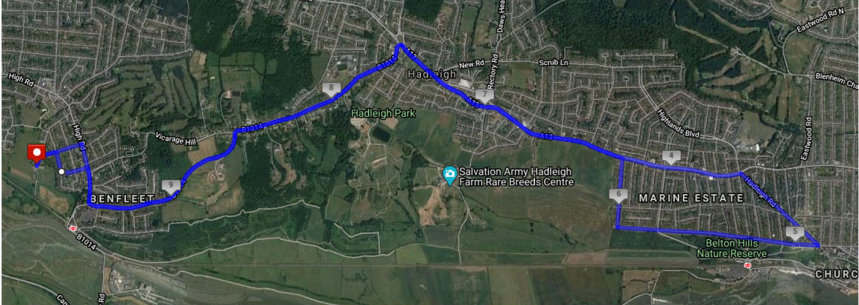
SHORTER ROUTE 5.3 MILES

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/VIC
HOUSE/KILN RD/BREAD AND CHEESE/KENTSHILL/ BROOK
RD



Benfleet Running Club

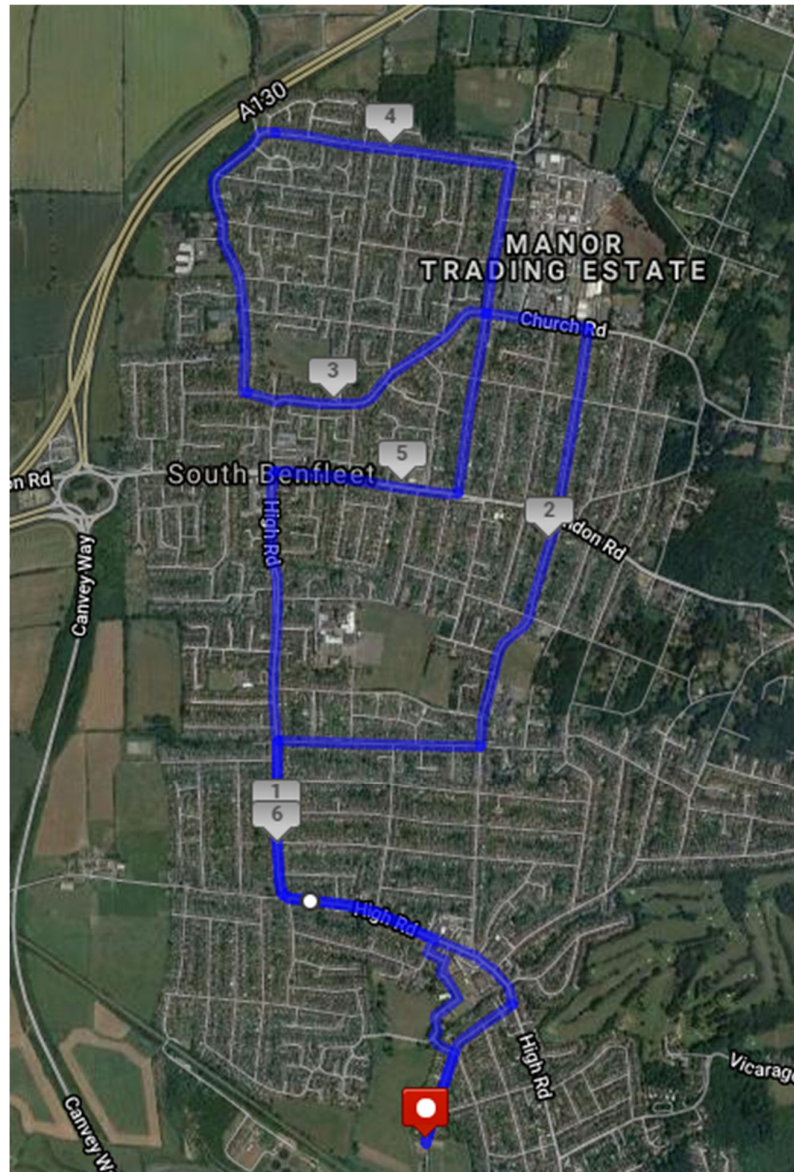
Training October 2025

TUESDAY EFFORTS	14th	IAN'S HILL EFFORT SESSION Hitting Benfleet's hills with Ian at the helm BOBBY'S RUN
THURSDAY RUN	16th	HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/A13 TO LEIGH/HADLEIGH RD/MARINE PARADE/TATERSALL GDS/ A13/BENFLEET RD/ESSEX WAY/HIGH RD/GREEN RD FLEET RD/CLUB 9.7 MILES  SHORTER ROUTE 6.2 MILES  HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/A13/RECTORY RD/NEW ROAD/CHAPEL LANE/ST JOHNS RD/BENFLEET RD/ ESSEX WAY/HIGH RD/GREEN RD/FLEET RD/CLUB BOBBY'S RUN
TUESDAY EFFORTS	21st	EFFORT SESSION Out & back reps - 2x(60-75-90-75-60s with double jog back rec). Bird Estate BOBBY'S RUN

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**THURSDAY
RUN**

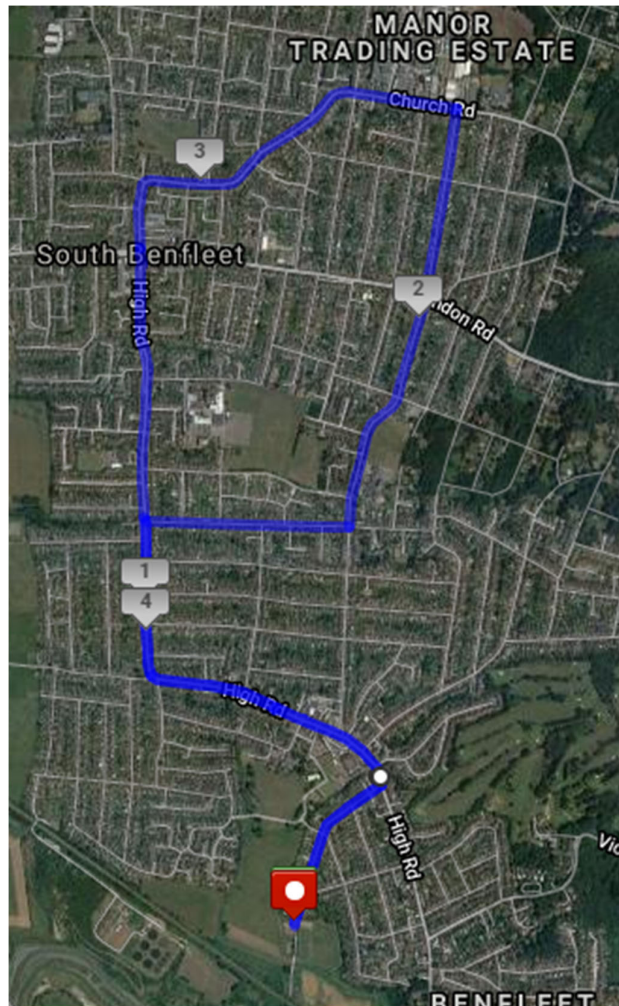
23rd BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL
NORTH/CHURCH RD/RUSHBOTTOM LN/WOODSIDE
AVE/MANOR RD/LONDON RD/TARPOTS/HIGH RD/CLUB
7 MILES



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SHORTER ROUTE 4.9 MILES

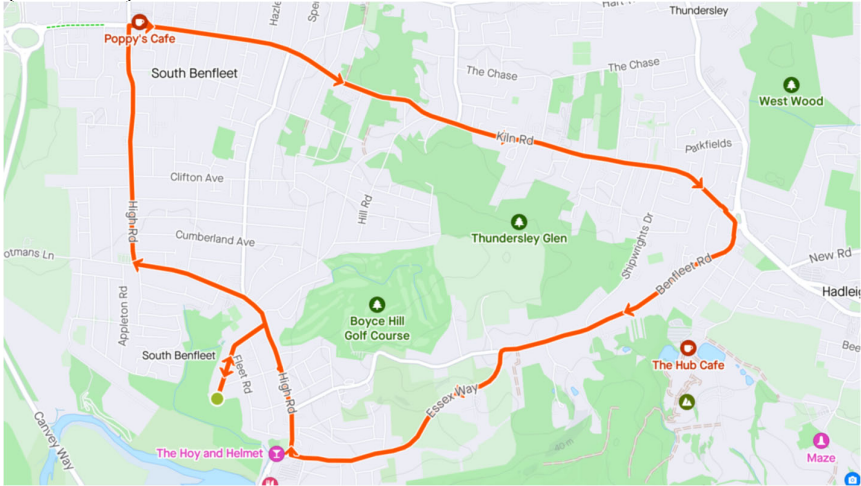
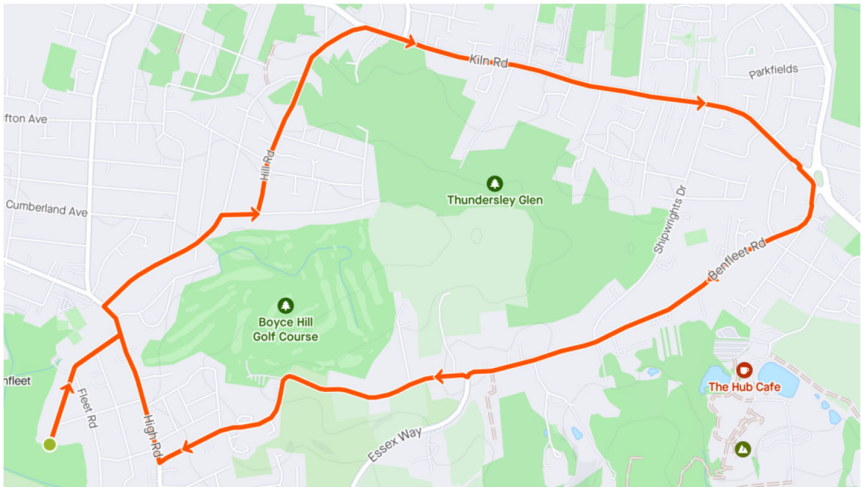
BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL
NORTH/CHUCH RD/TARPOTS HIGH RD/BROOK RD CLUB



BOBBY'S RUN

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TUESDAY EFFORTS	28th	EFFORT SESSION – 21 Hills 1 mile warm up 7 x 25 sec effort with 60 sec recovery x 3 (using River View, Sidwell Chase and Mill Hill) 1 mile cool down BOBBY’S RUN
THURSDAY RUN	30th	LONGER ROUTE 6.6 MILES Brook Road / High Road / London Road / Kiln Road / Benfleet Road / Essex Way / High Road / Brook Road (6.6 miles)  SHORTER ROUTE 5 MILES Brook Road / High Road / Thundersley Park Road / Kiln Road / Benfleet Road / Vicarage Hill / High Road / Brook Road  BOBBY’S RUN