

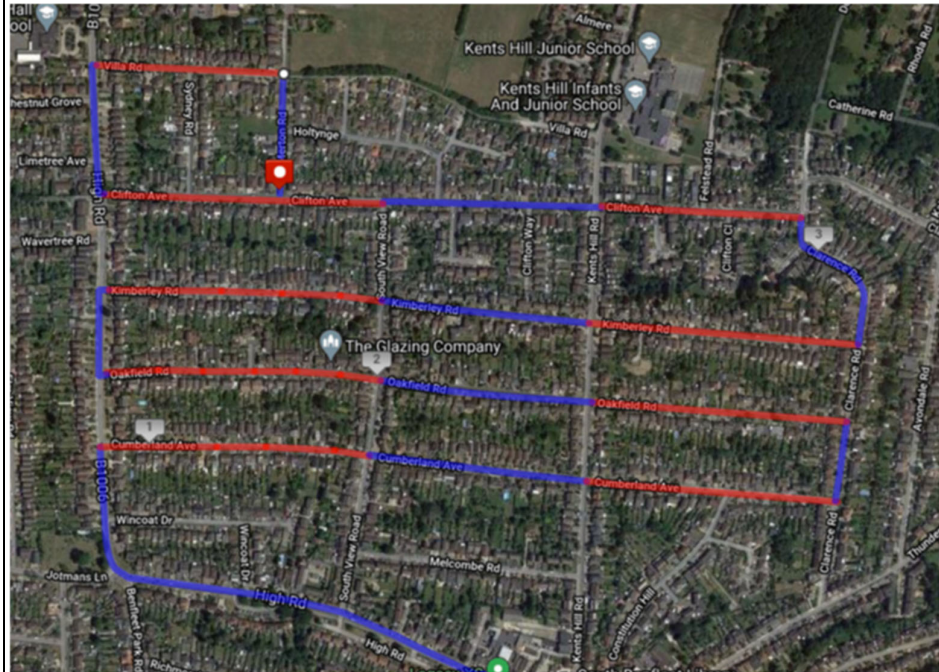
Benfleet Running Club Training November 2025

**TUESDAY
EFFORTS**

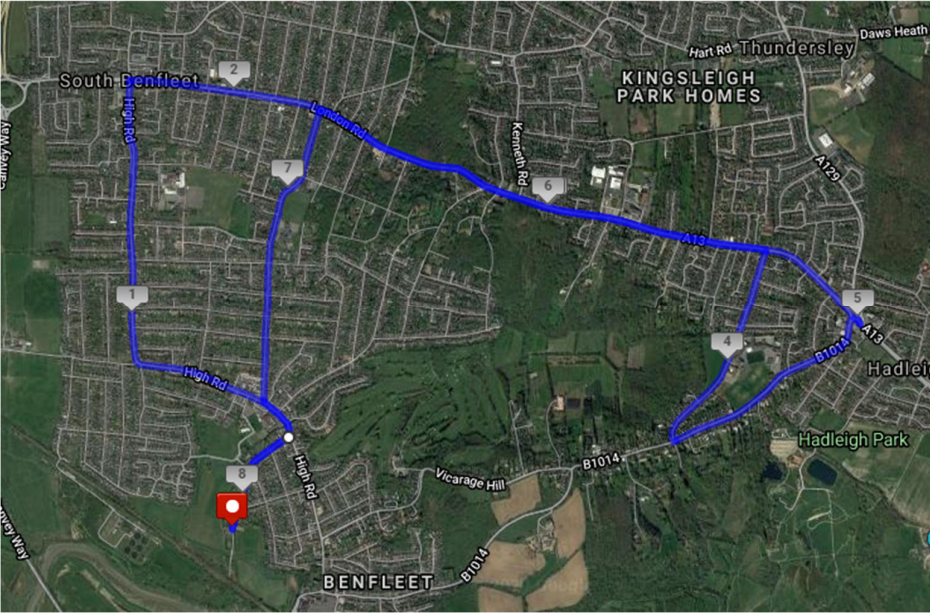
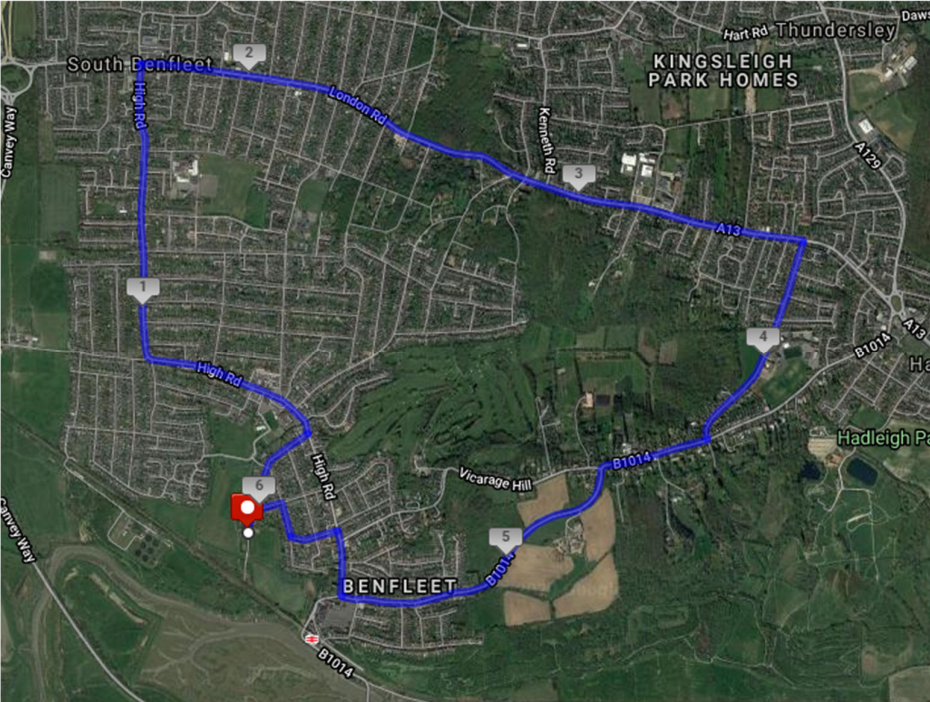
4th

Zig Zags

8 x 350m efforts & 2 x 250m efforts with jog recovery between.

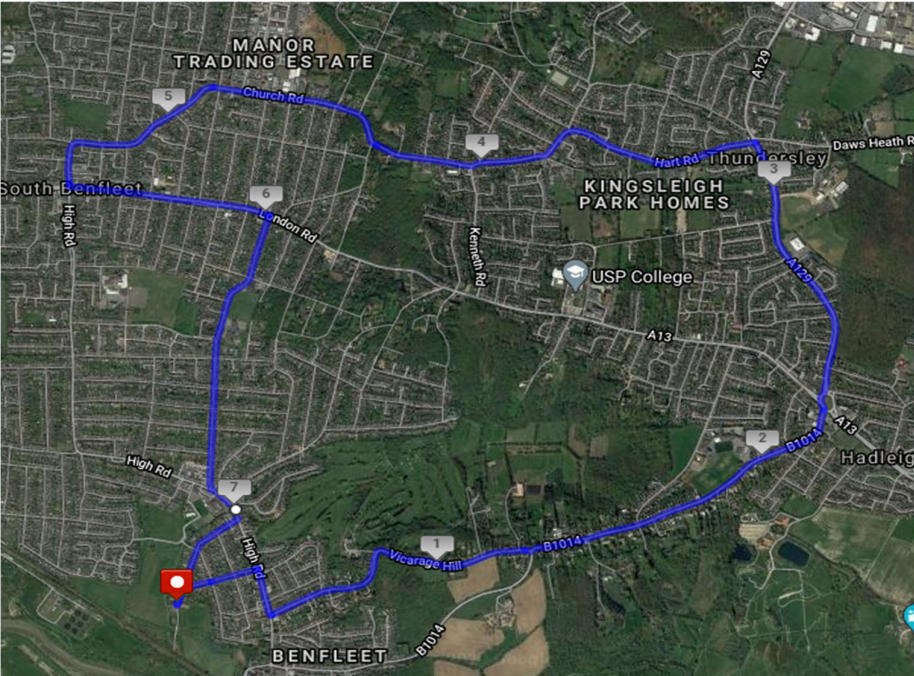


Benfleet Running Club Training November 2025

THURSDAY RUN	6th	BROOK RD/HIGH RD/TARPOTS/BREAD AND CHEESE HILL/SHIPWRIGHTS DR/BENFLEET RD/KILN RD BREADANDCHEESE HILL/KENTS HILL RD/CLUB 8 MILES  SHORTER ROUTE 6.1 MILES HIGH RD/ESSEX WAY/BENFLEET RD/SHIPWRIGHTS/A13/BREAD & CHEESE/TARPOTS/HIGH RD/CLUB (OPPOSITE WAY TO SHOWN ON THE MAP) 
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Benfleet Running Club

Training November 2025

TUESDAY EFFORTS	11th	EFFORT SESSION – ESSEX WAY 60/90/120/150/180/150/120/90/60 sec efforts up Essex Way with double jog back recovery.
THURSDAY RUN	13th	HOPE RD/ HIGH RD/VICARAGE HILL/ BENFLEET RD/RAYLEIGH RD/HART RD/CHURCH RD/TARPOTS/A13/KENTS HILL RD/HIGH RD/BROOK RD. 7.35 MILES 

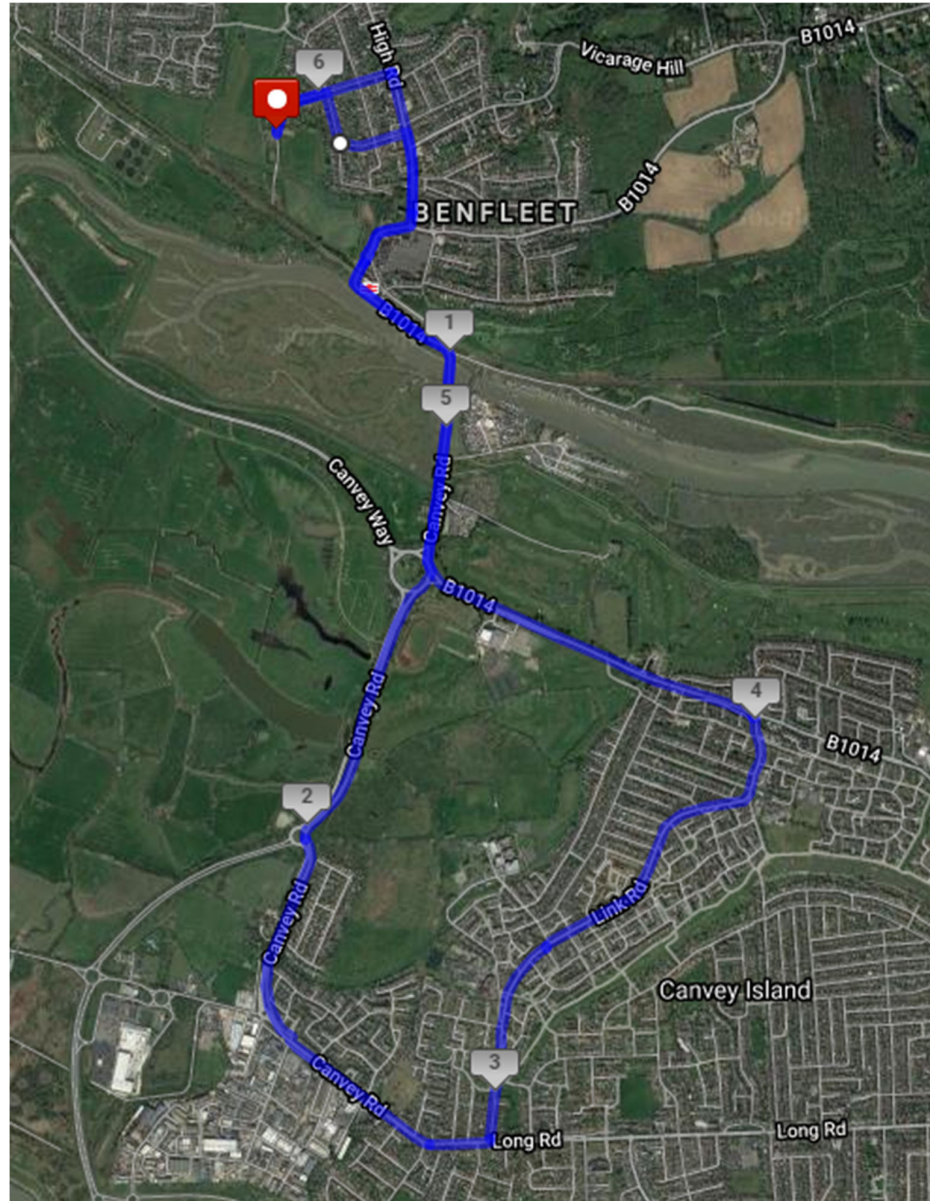
		SHORTER ROUTE 5.4 MILES HOPE RD/HIGH RD/KENTS HILL RD/BOWERS RD/DOWNER RD/ CHESTERFIELD AVE/STANLEY RD/CHURCH RD/MANOR RD/WOODSIDE AVE/RUSHBOTTOM LANE/HIGH RD/BROOK RD/CLUB
TUESDAY EFFORTS	18th	IAN'S EFFORT SESSION Bird Estate – 7 x 3 min efforts with 60 sec recoveries

THURSDAY	20th
RUN	

Benfleet Running Club Training November 2025

SHORTER ROUTE 6.1 MILES

HOPE RD/HIGH RD/CANVEY RD/LONG RD/NEW ROAD/LINK
RD/SOMNES AVE/CANVEY RD/HIGH RD/GREEN RD/FLEET
RD/CLUB



TUESDAY EFFORTS

WINTER TIME TRIAL AND CHIPPY RUN

Chippy orders taken at the start of the night.

Cool down to chip shop to pay for and collect our food, then back to the clubhouse for a dinner.

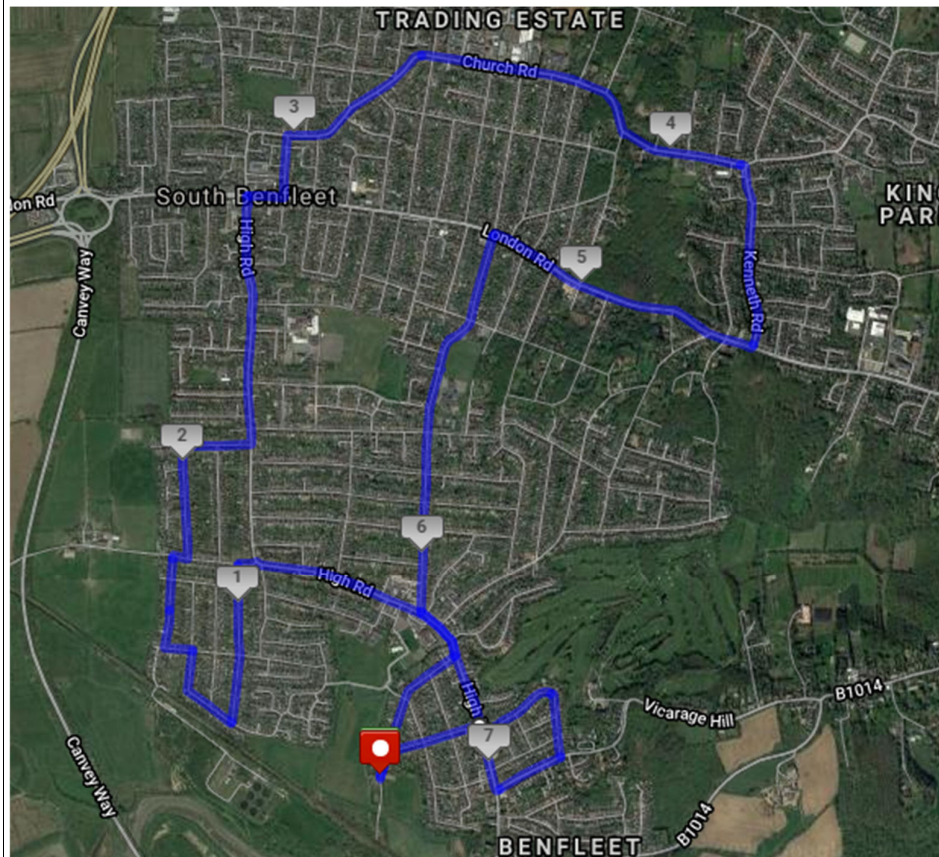


Benfleet Running Club
Training November 2025

**THURSDAY
RUN**

27th

BROOK RD/HIGH RD/JOTMANS LN/APPLETON RD/WOODHAM RD/PHILMEAD RD/LOTEN RD/WATLINGTONRD/UPLANDS RD/HIGH RD/CHURCH RD/KENNETH RD/BREAD AND CHEESE/KENTS HILL RD/HIGH RD/QUEENS RD/KINGS RD/VICARAGE HILL/GREEN RD/HOPE RD/CLUB **7.4 MILES**



**Benfleet Running Club
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SHORTER ROUTE 5.3 MILES

BROOK RD/HIGH RD/JOTMANS LN/APPLETON RD/WOODHAM
RD/PHILMEAD RD/LOTEN RD/WATLINGTON RD/UPLANDS
RD/HIGH RD/CHURCH RD/KENTS HILL NORTH/KENTS
HILL/BROOK RD

