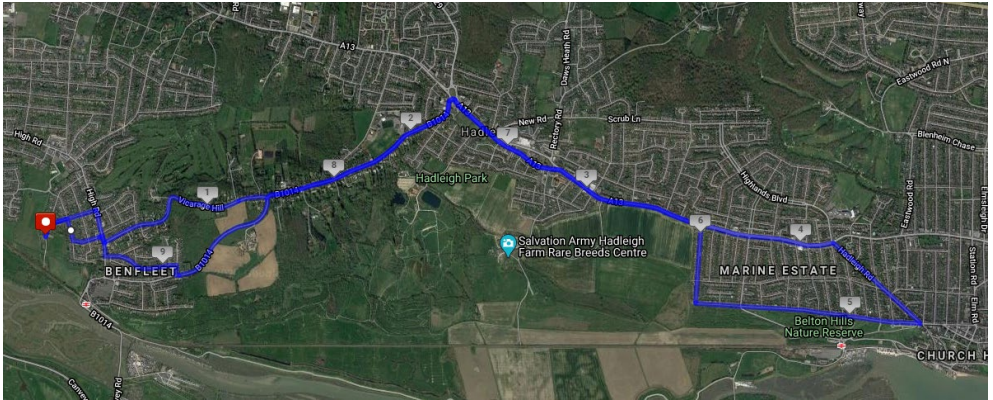
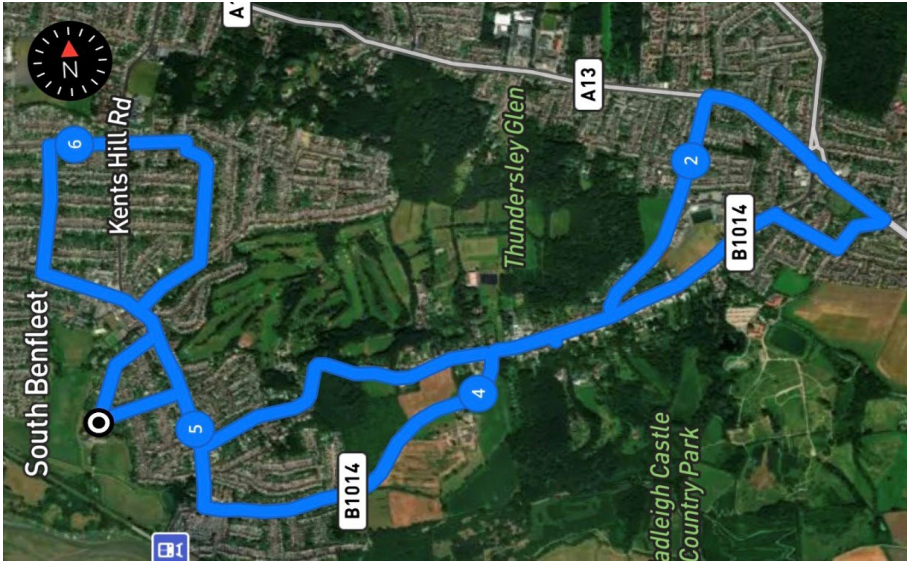


# BENFLEET RUNNING CLUB

## TRAINING PLAN JANUARY 2026

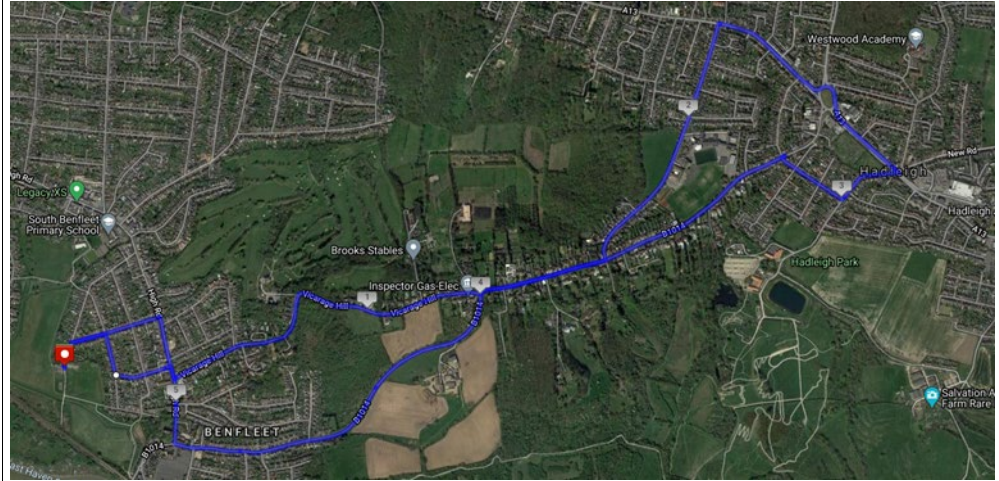
<b>TUESDAY EFFORTS</b>	<b>6<sup>th</sup></b>	<b>EFFORT SESSION –</b>  1 mile warm up/ 6-8 400M efforts using Greenwood Ave/Sidwell chase/ Sidwell Drive/jog recovery Sidwell lane/St Mary's Rd back to start/1 mile cool down.
<b>THURSDAY RUN</b>	<b>8<sup>th</sup></b>	<p><b>LONG ROUTE 9.7 MILES</b>  HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13 TO  LEIGH/HADLEIGH RD/MARINE PARADE/TATERSALL GDS/  A13/BENFLEET RD/ESSEX WAY/HIGH RD/GREEN RD/FLEET  RD/CLUB</p>  <p><b>MEDIUM ROUTE 7.2 MILES</b>  HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIPWRIGHTS  DR/A13/CHAPEL LANE/ST JOHNS RD/BENFLEET RD/ ESSEX  WAY/HIGH RD/SOUTH VIEW ROAD/CLIFTON AVE/CLARENCE  RD/THUNDERSLEY PARK RD/HIGH RD/BROOK RD/CLUB</p> 

# BENFLEET RUNNING CLUB

## TRAINING PLAN JANUARY 2026

### SHORTER ROUTE 5.3 MILES

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIPWRIGHTS DR/A13/CHAPEL LANE/ST JOHNS RD/BENFLEET RD/ ESSEX WAY/HIGH RD/GREEN RD/FLEET RD/CLUB



**TUESDAY  
EFFORTS**

13<sup>th</sup>

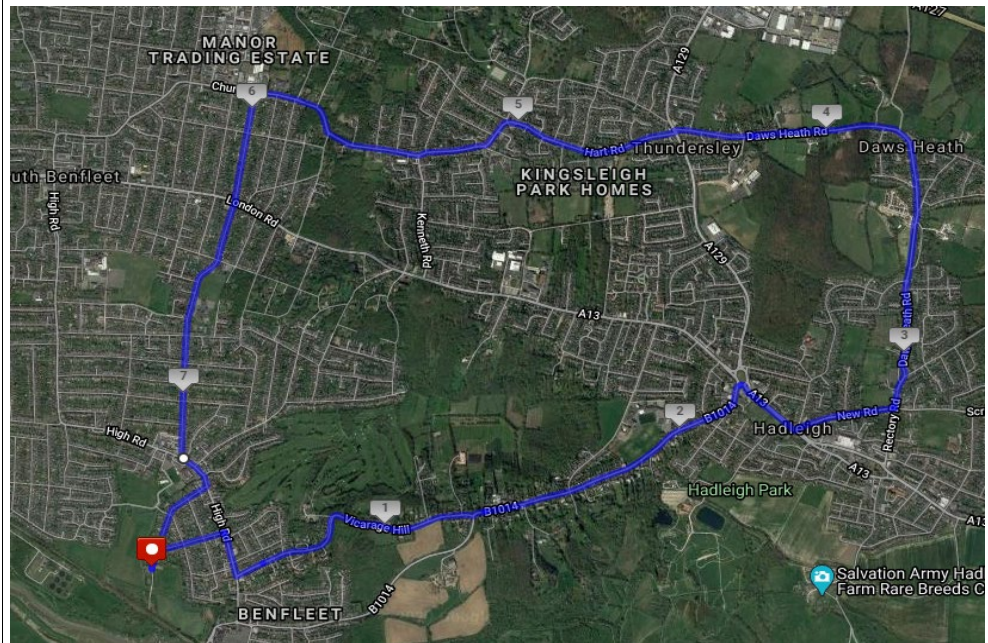
**EFFORT SESSION – IAN’S EFFORTS**

3x10min threshold reps with 3 mins recovery

**THURSDAY  
RUN**

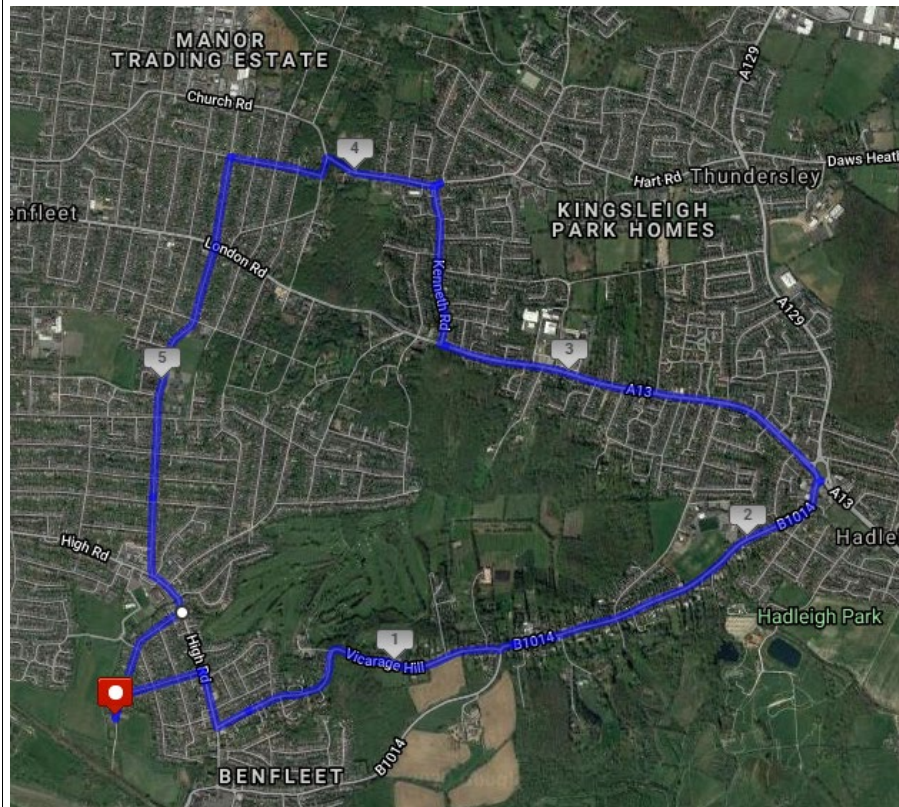
15<sup>th</sup>

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/NEW RD/DAWS HEATH/HART RD/CHUCH RD/KENTS HILL/CLUB  
**7.62 MILES**





**SHORTER ROUTE 6.1 MILES**  
HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/KILN  
RD/KENNETH RD//CHUCH RD/KENTS HILL NORTH/KENTS  
HILL/CLUB



<b>TUESDAY EFFORTS</b>	<b>20<sup>th</sup></b>	<b>EFFORT SESSION - CANVEY POWER HOUR</b>
		<p>From Brook Road. 10 minute warm up. 20 x 1min efforts with 1min jog recovery. 10 minute cool down back to club</p> <p>For those that ran the B15 at the weekend, a gentle out and back on Canvey</p>

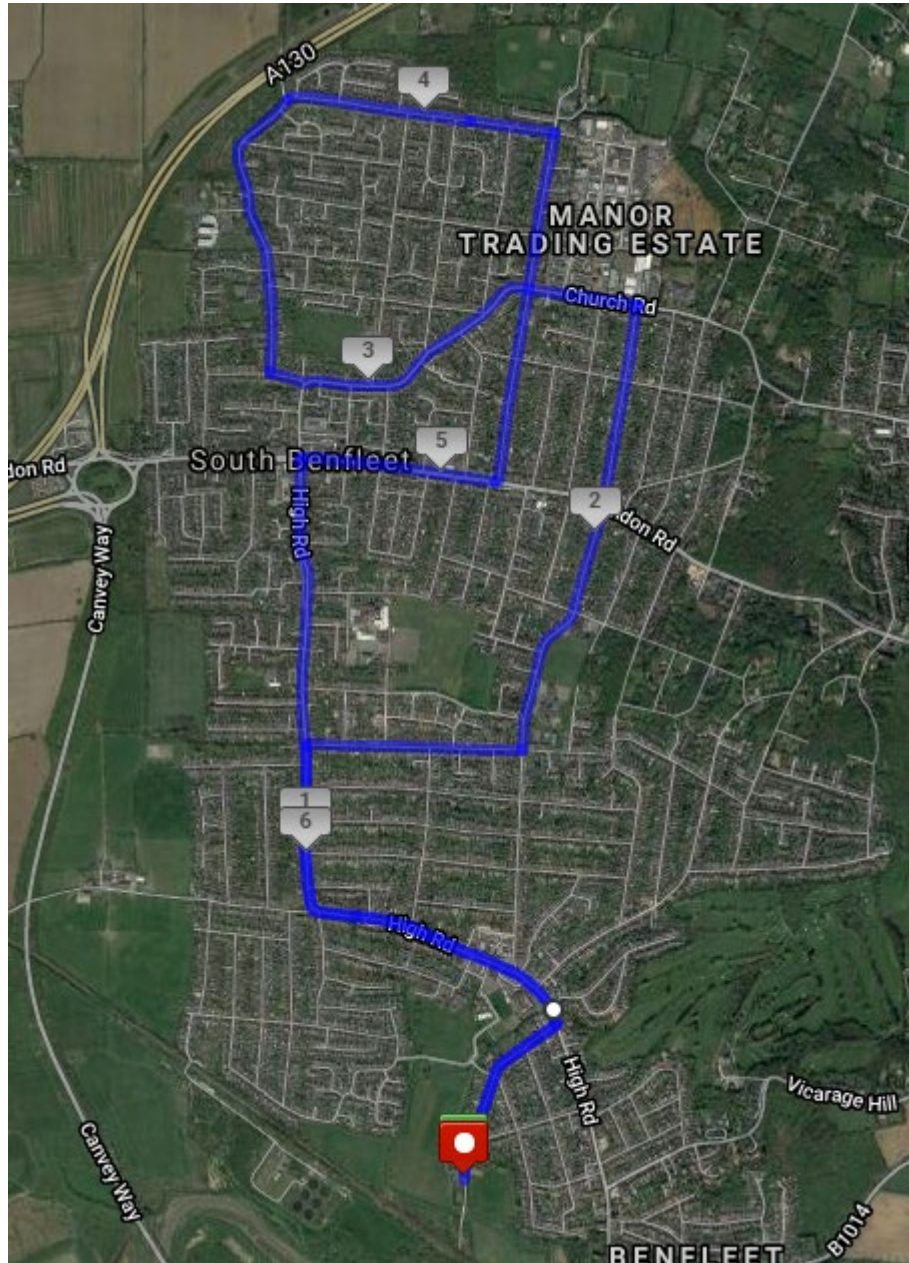
# BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2026

**THURSDAY  
RUN**

**22<sup>nd</sup>**

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

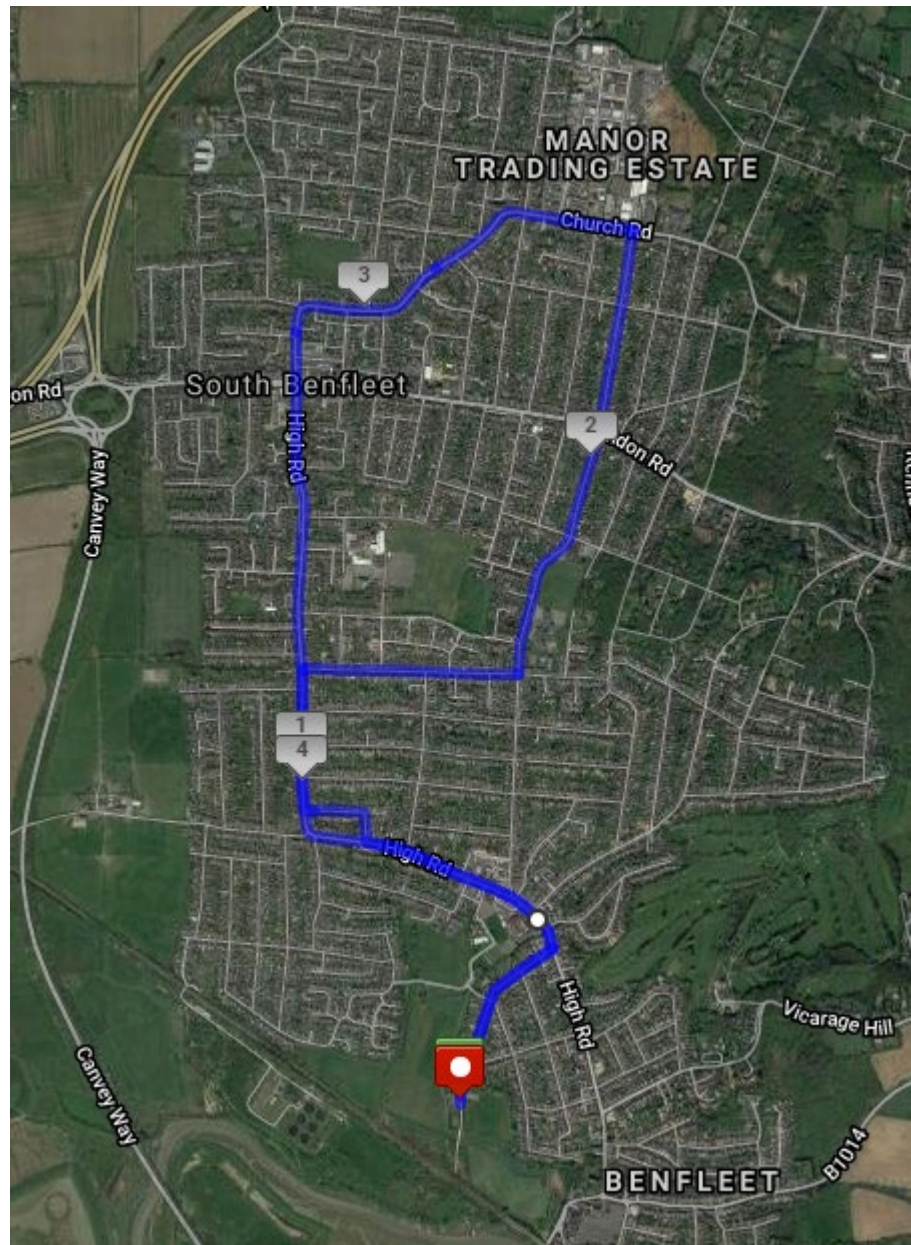




## **BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2026**

SHORTER ROUTE 4.9 MILES

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

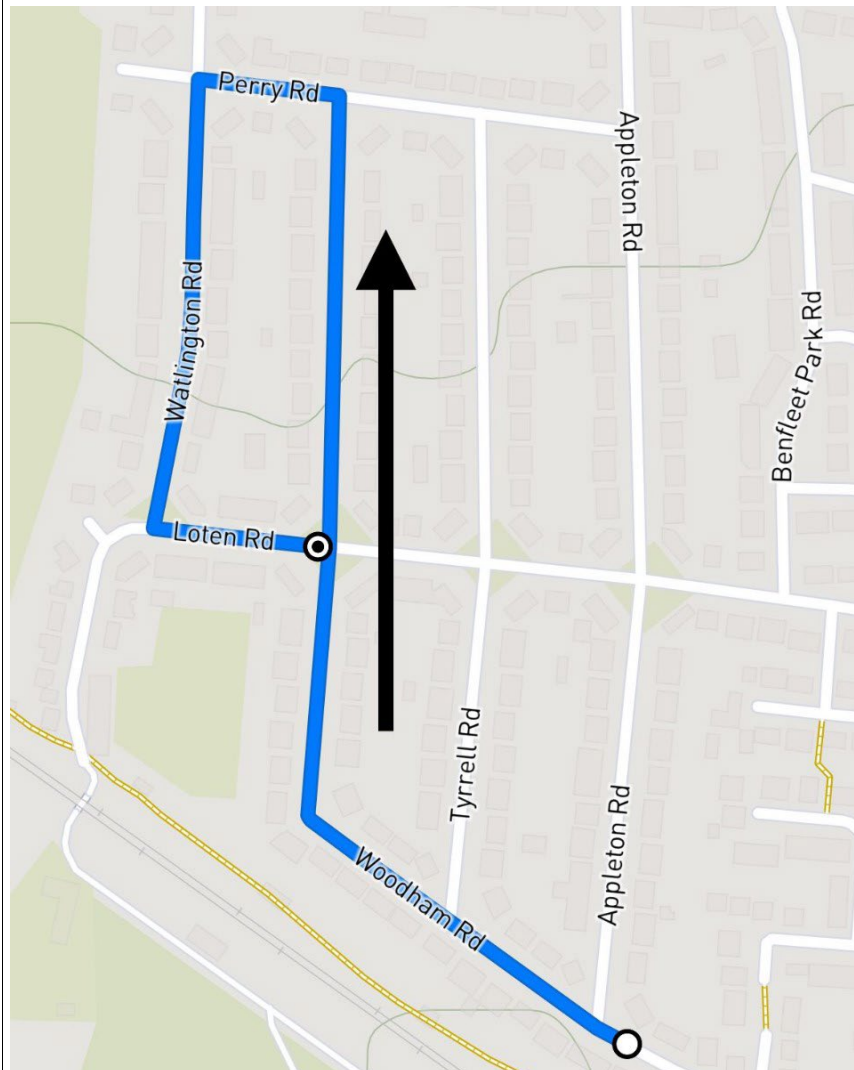


# BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2026

**TUESDAY  
EFFORTS**

**27<sup>th</sup> EFFORT SESSION**

Bird Estate 1km efforts. 4-8 efforts with 400m jog to start recovery



# BENFLEET RUNNING CLUB

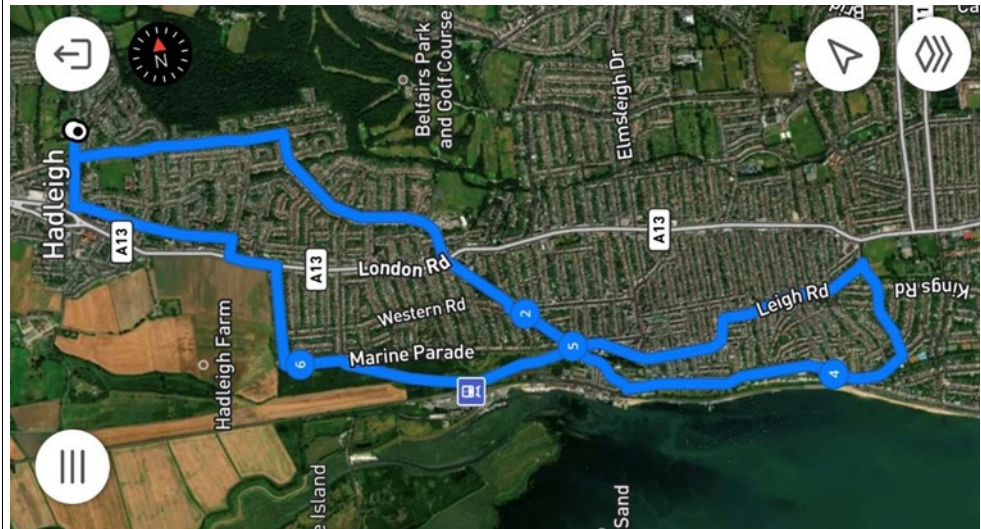
## TRAINING PLAN JANUARY 2026

**THURSDAY  
RUN**

**29<sup>th</sup>**

**JOHN BURROWS TO LEIGH – LONGER ROUTE 7.5 MILES**

JOHN BURROWS/RECTORY RD/SCRUB LANE/HIGHLANDS BOULEVARD/ HADLEIGH RD/RECTORY GROVE/BRAODWAY WEST/BROADWAY/LEIGH RD/OLD LEIGH RD/THE DRIVE/THE RIDGEWAY/GRAND PARADE/CLIFF PARADE/LEIGH HILL/LEIGH PARK RD/ RECTORY GROVE/BELTON WAY EAST/BELTON WAY WEST/MARINE PARADE/TATTERSAL GARDENS/LONDON RD/ WOODFIELD RD/CHURCH RD/RECTORY GROVE/JOHN BURROWS





## SHORTER ROUTE 6 MILES