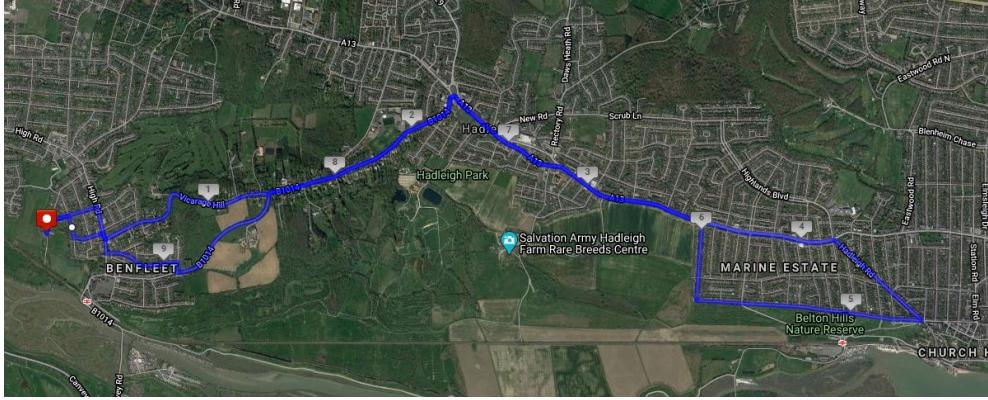
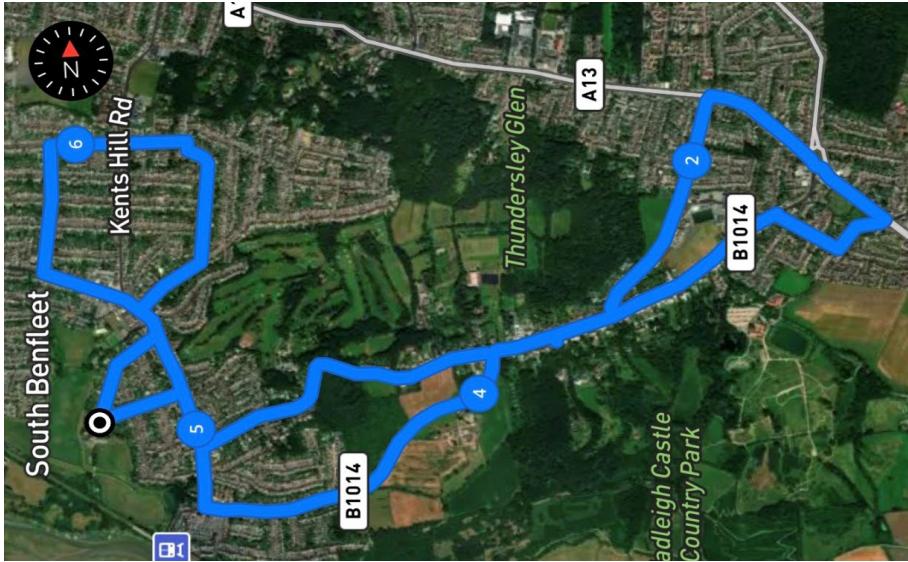


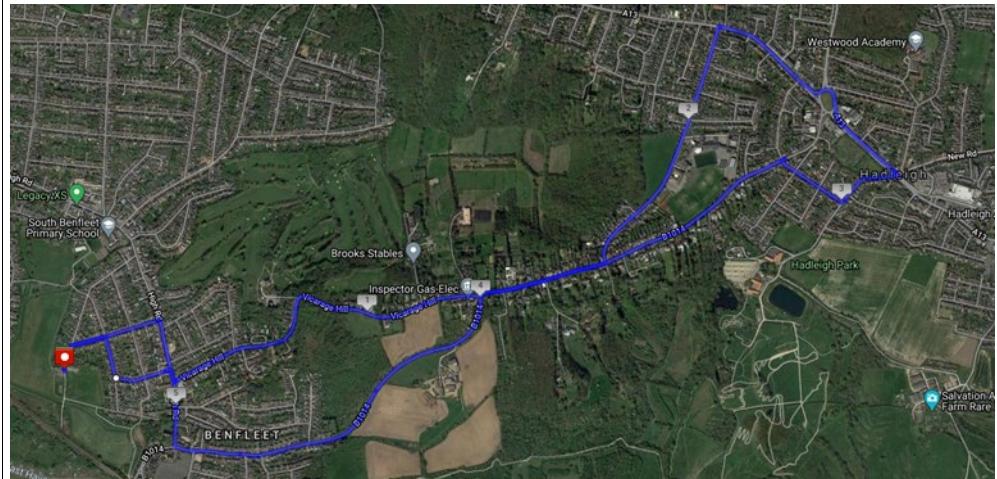
BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2026

TUESDAY EFFORTS	6th	EFFORT SESSION – 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.
THURSDAY RUN	8th	<p>LONG ROUTE 9.7 MILES 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>MEDIUM ROUTE 7.2 MILES 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

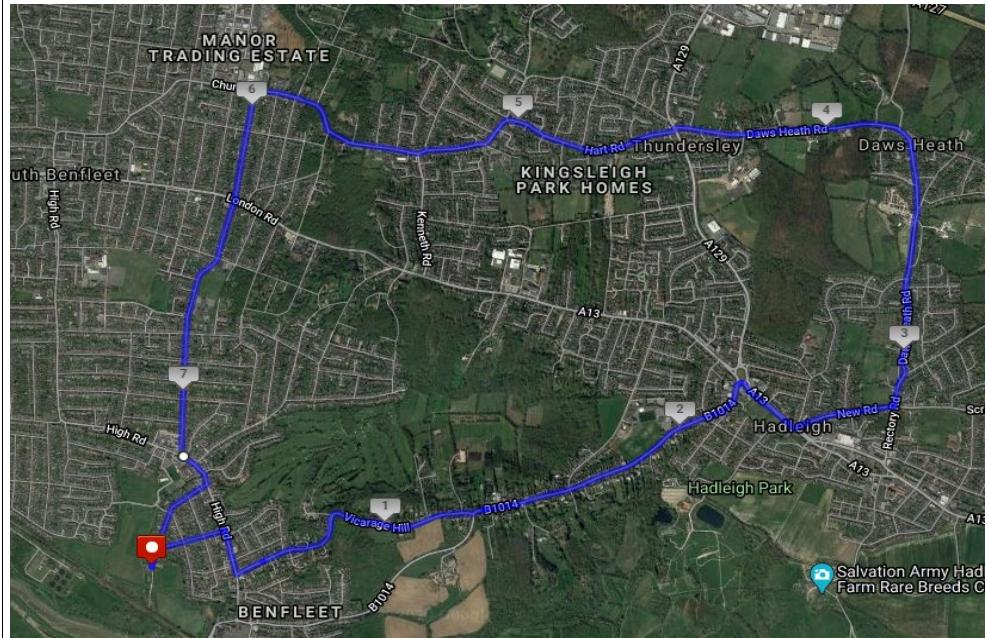
SHORTER ROUTE 5.3 MILES

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	13th	EFFORT SESSION – IAN’S EFFORTS 3x10min threshold reps with 3 mins recovery
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THURSDAY RUN	15th	HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/NEW RD/DAWS HEATH/HART RD/CHUCH RD/KENTS HILL/CLUB 7.62 MILES
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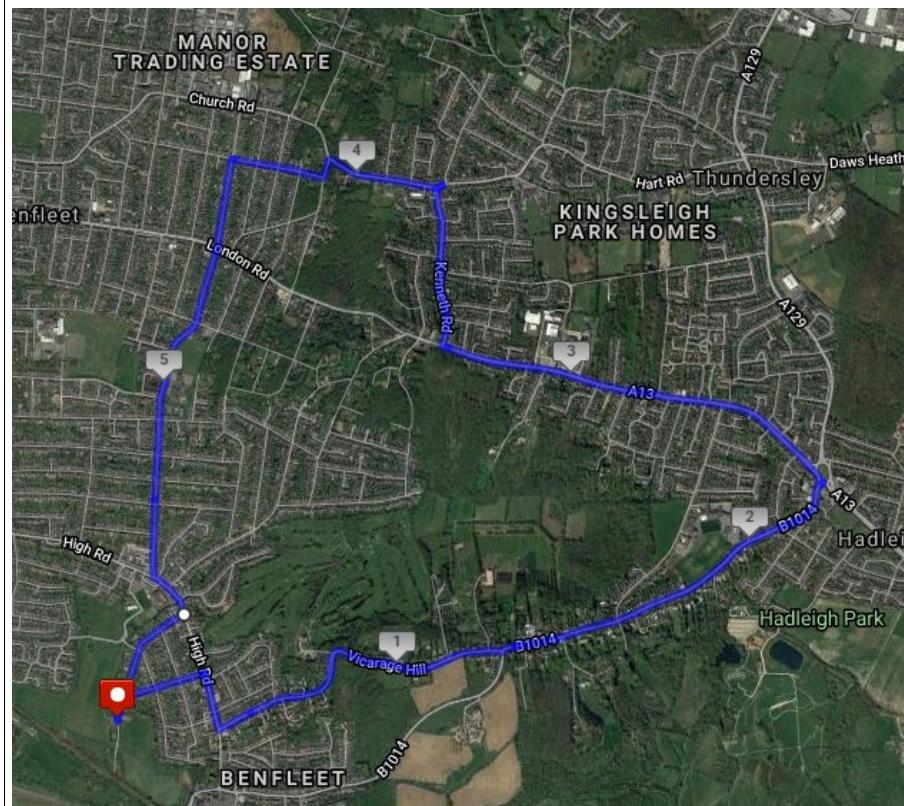


BENFLEET RUNNING CLUB

TRAINING PLAN JANUARY 2026

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



TUESDAY EFFORTS	20th	EFFORT SESSION - CANVEY POWER HOUR From Brook Road. 10 minute warm up. 20 x 1min efforts with 1min jog recovery. 10 minute cool down back to club For those that ran the B15 at the weekend, a gentle out and back on Canvey
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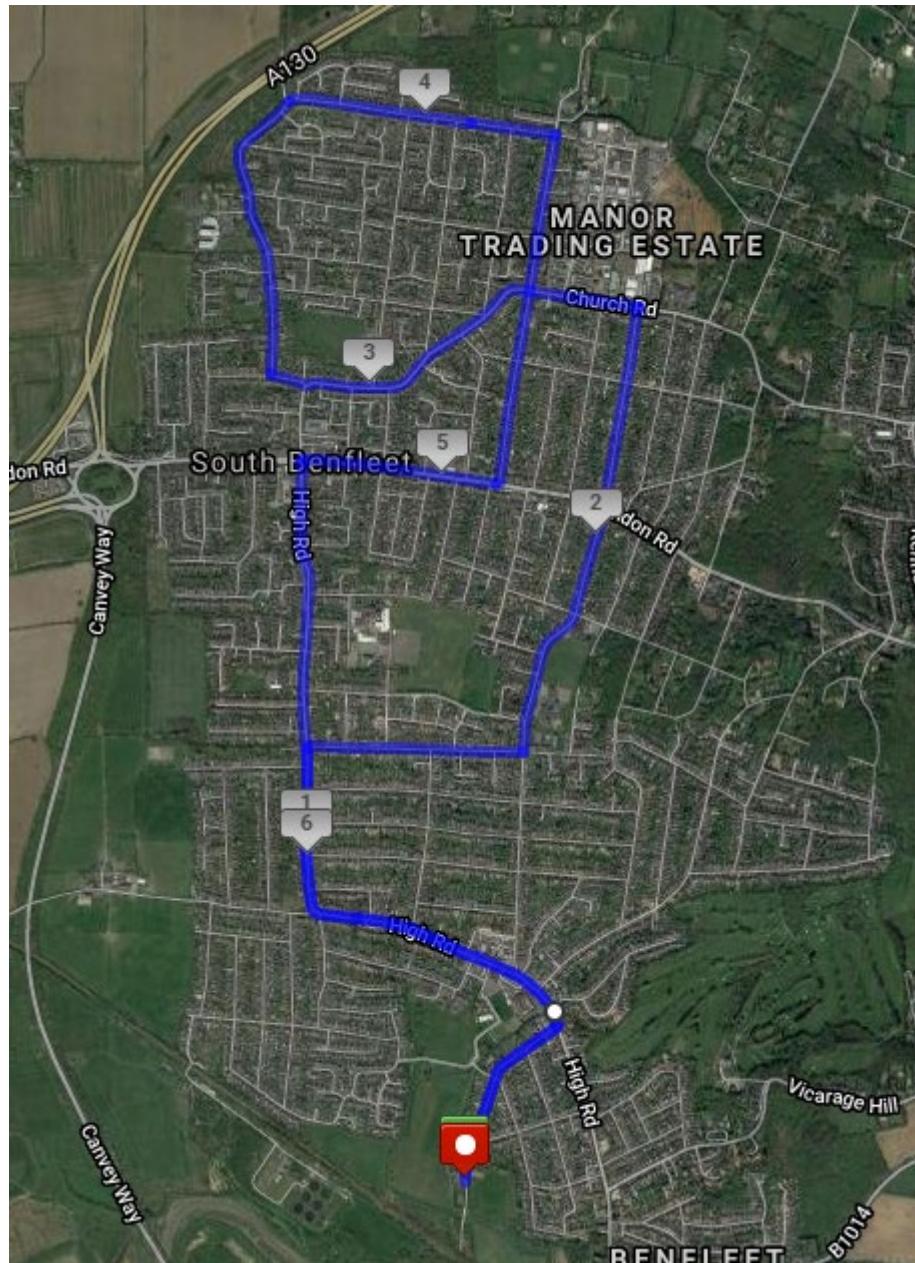
BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2026

THURSDAY
RUN

22nd

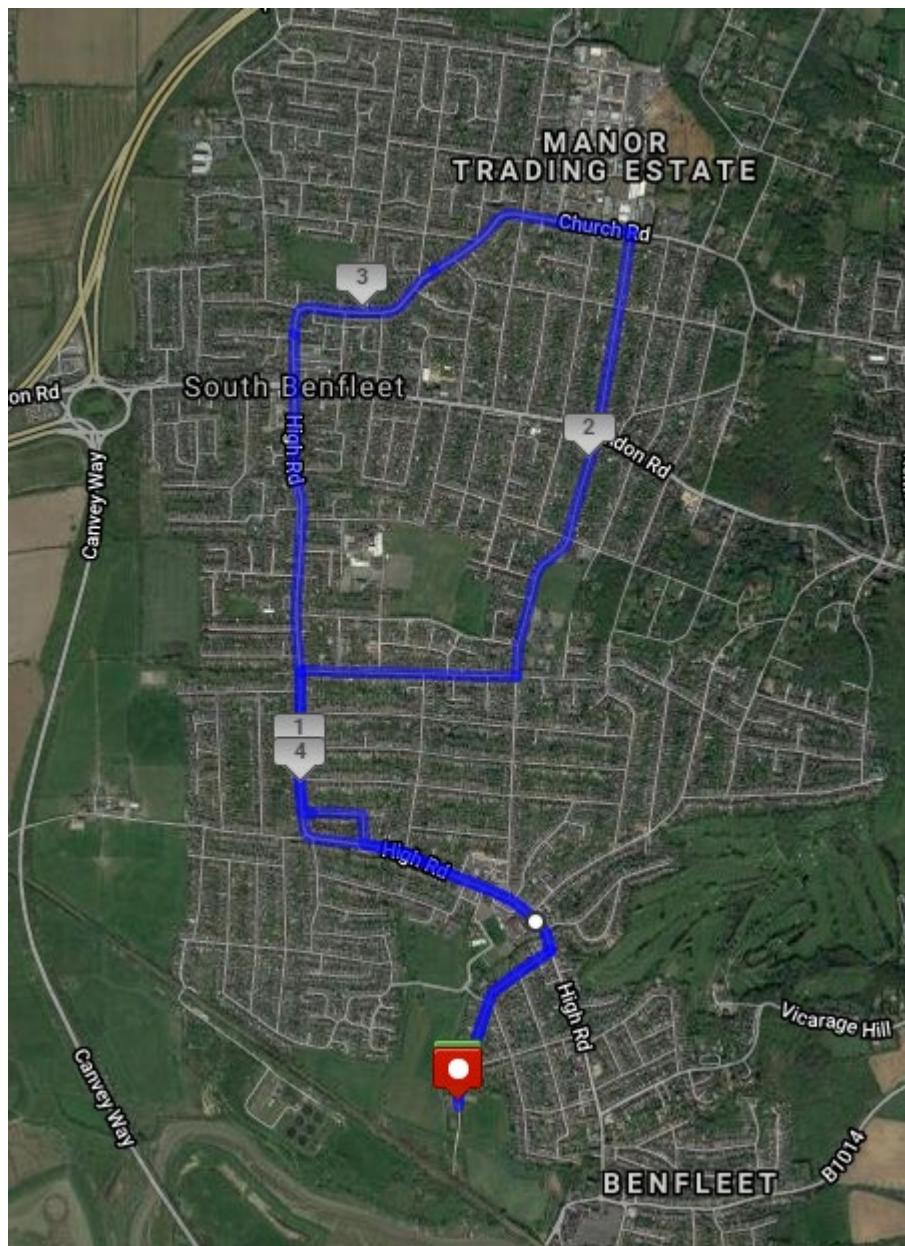
BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL
NORTH/CHURCH RD/RUSHBOTTOM LN/WOODSIDE AVE/MANOR
RD/LONDON RD/TARPOTS/HIGH RD/CLUB

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

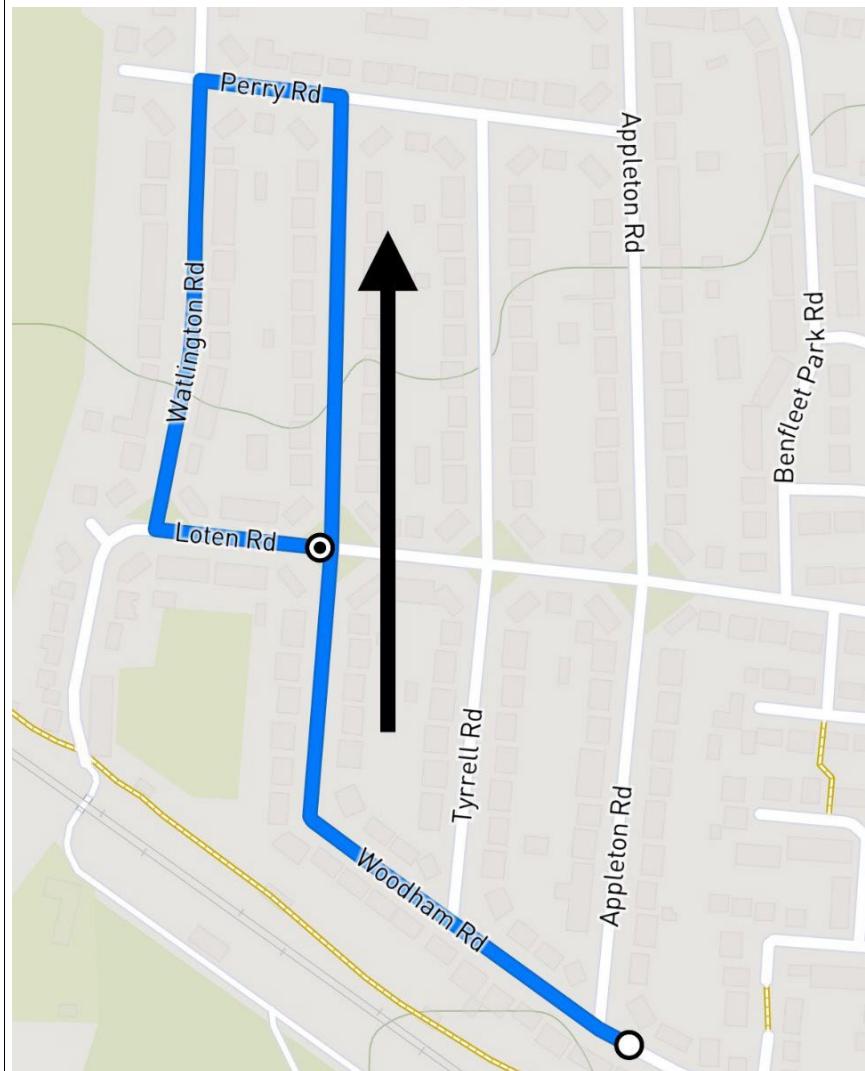
TRAINING PLAN JANUARY 2026

TUESDAY
EFFORTS

27th

EFFORT SESSION

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



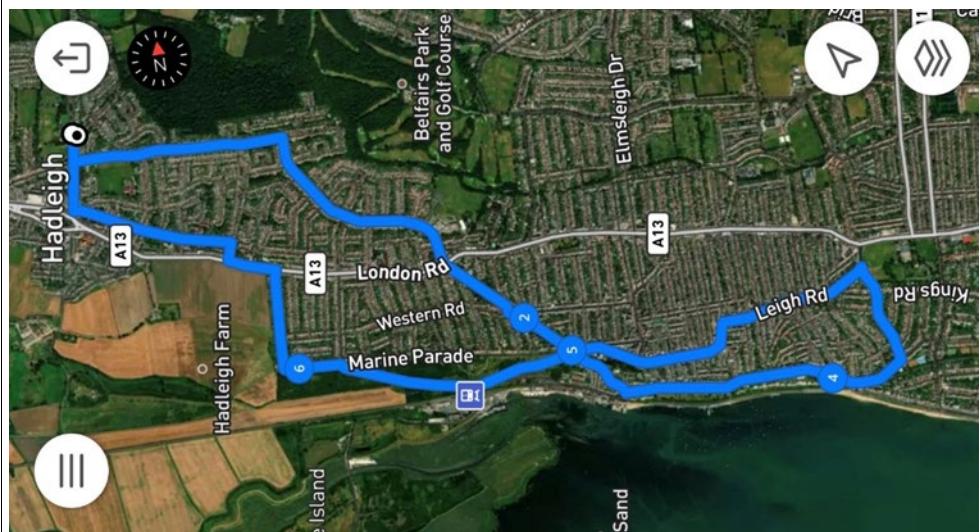
BENFLEET RUNNING CLUB TRAINING PLAN JANUARY 2026

THURSDAY
RUN

29th

JOHN BURROWS TO LEIGH – LONGER ROUTE 7.5 MILES

JOHN BURROWS/RECTORY RD/SCRUB LANE/HIGHLANDS BOULEVARD/ HADLEIGH RD/RECTORY GROVE/BROADWAY 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



BENFLEET RUNNING CLUB

TRAINING PLAN JANUARY 2026

SHORTER ROUTE 6 MILES

JOHN BURROWS/RECTORY RD/SCRUB LANE/HIGHLANDS BOULEVARD/ HADLEIGH RD/RECTORY GROVE/BROADWAY WEST/BROADWAY/GRAND DRIVE/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

