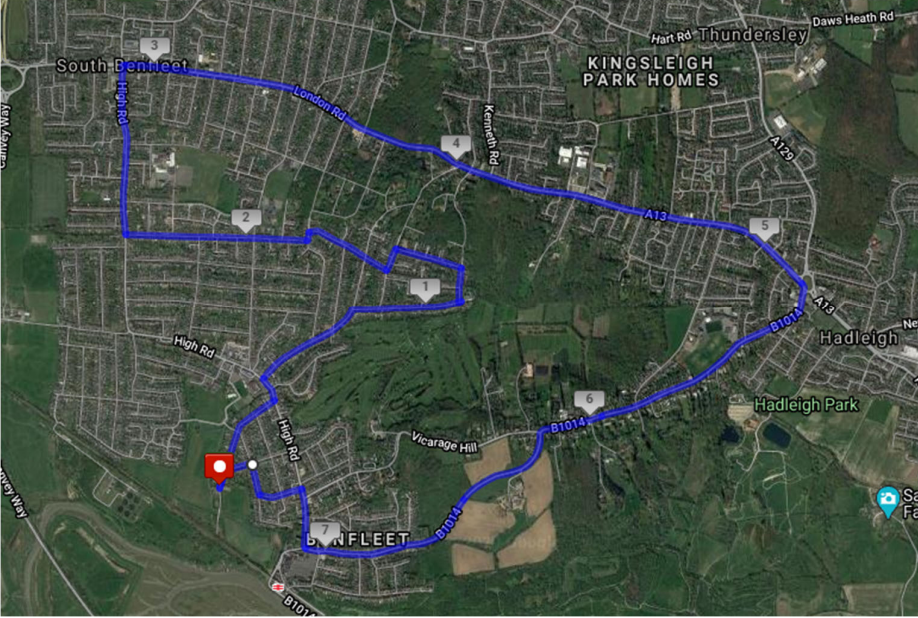


BENFLEET RUNNING CLUB TRAINING FEBRUARY 2026

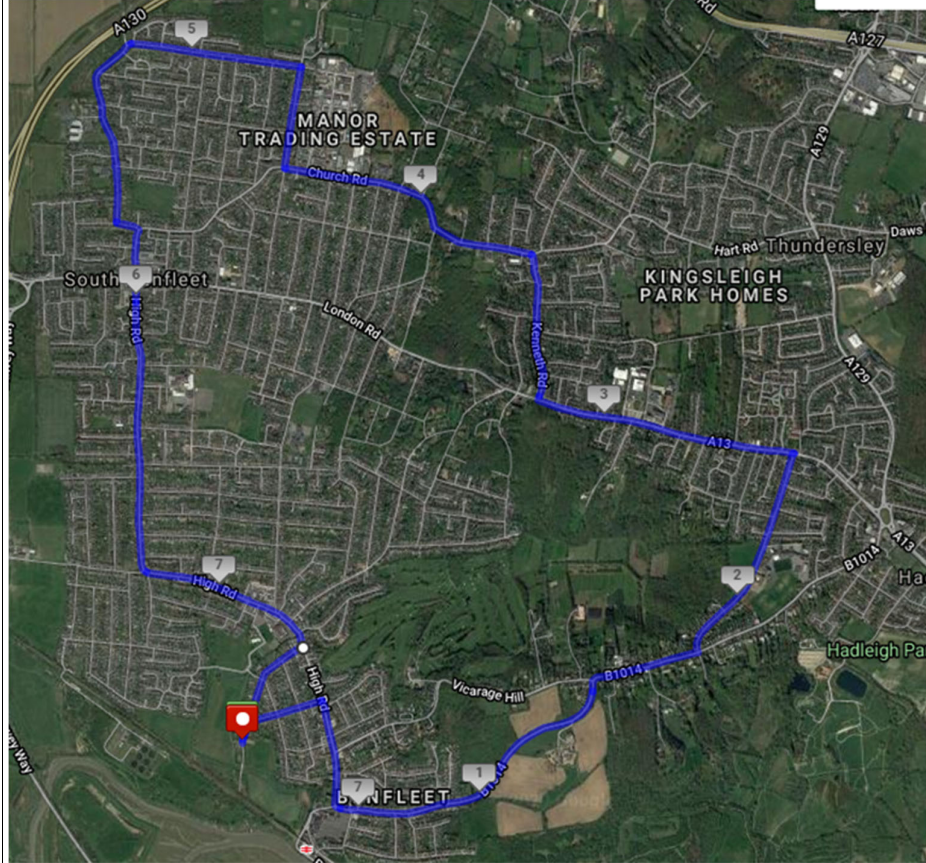
<p>TUESDAY EFFORTS</p>	<p>3rd</p>	<p>EFFORT SESSION – HOPE ROAD OUT AND BACK</p> <p>1 mile warm up on Club Mile Loop. Out & back reps - 2x 60-75-90-75-60s with double jog back rec (on Hope Rd from junction with Brook Rd, turning right into Hall Farm Rd)..</p>
<p>THURSDAY RUN</p>	<p>5th</p>	<p>BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL/MOUNT RD/FERNLEA RD/HILLRD/CLARENCE RD /CLIFTON AVE/HIGH RD/A13/BREAD AND CHEESE/KILNRD/BENFLEET RD/ESSEX WAY/CLUB 7.5 MILES</p> 

BENFLEET RUNNING CLUB TRAINING FEBRUARY 2026

**THURSDAY
RUN**

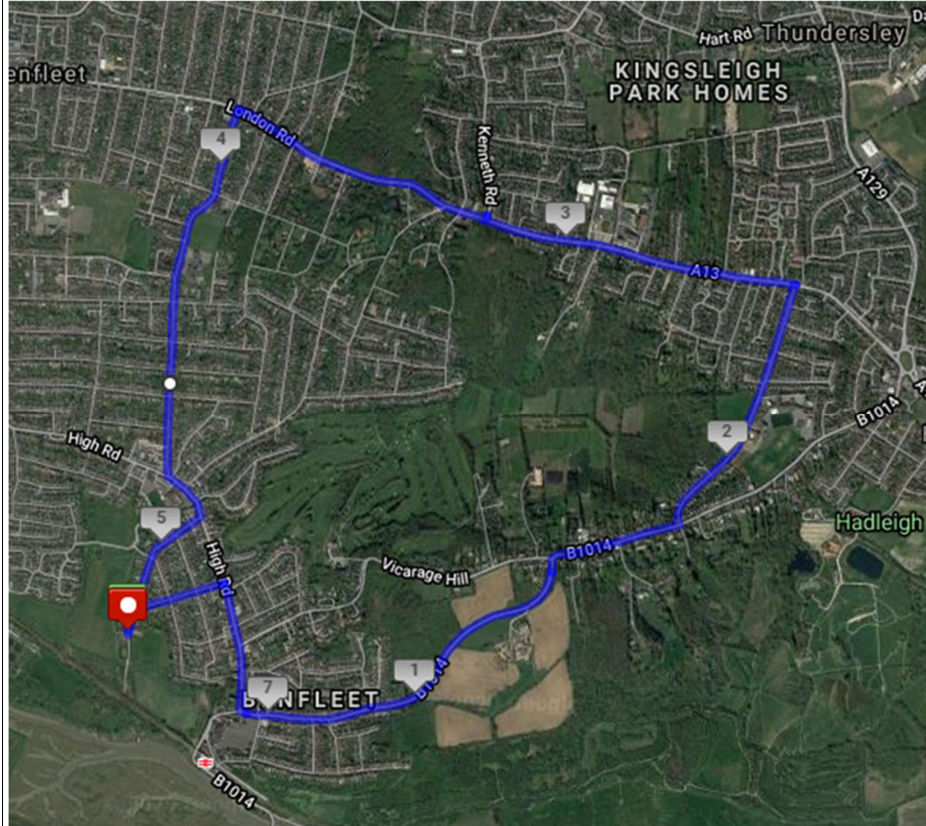
12th

HOPE RD/HIGH RD/ESSEX WAY/BENFLEET
RD/SHIPWRIGHTS/KILN RD/KENNETH RD/CHURCH
RD/MANOR RD/ WOODSIDE/RUSHBOTTOM LN/TARPOTS/HIGH
RD/BROOK RD
7.6 MILES



BENFLEET RUNNING CLUB TRAINING FEBRUARY 2026

SHORTER ROUTE 5.2 MILES
HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/SHIP
WRIGHTS/KILN RD/BREAD AND CHEESE/KENTS HILL/ BROOK
RD



**TUESDAY
EFFORTS**

17th EFFORT SESSION - IAN'S EFFORTS

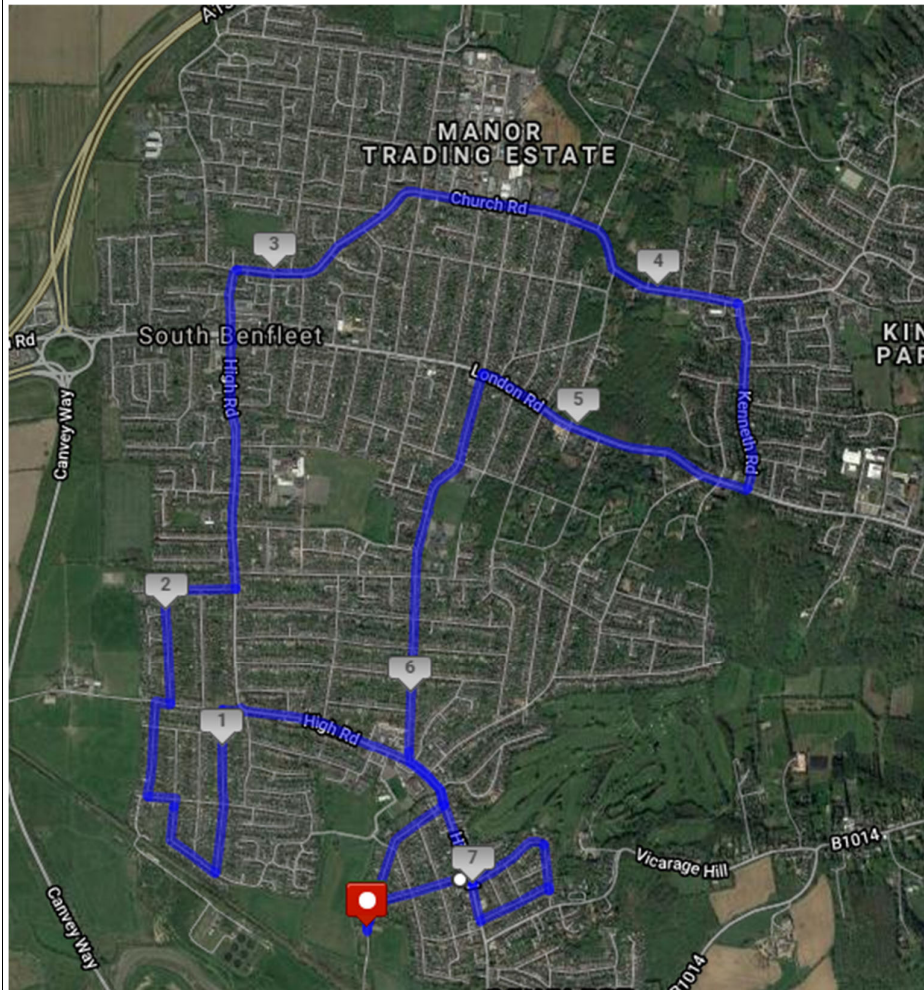
Effort session with Ian.

BENFLEET RUNNING CLUB TRAINING FEBRUARY 2026

**THURSDAY
RUN**

19th

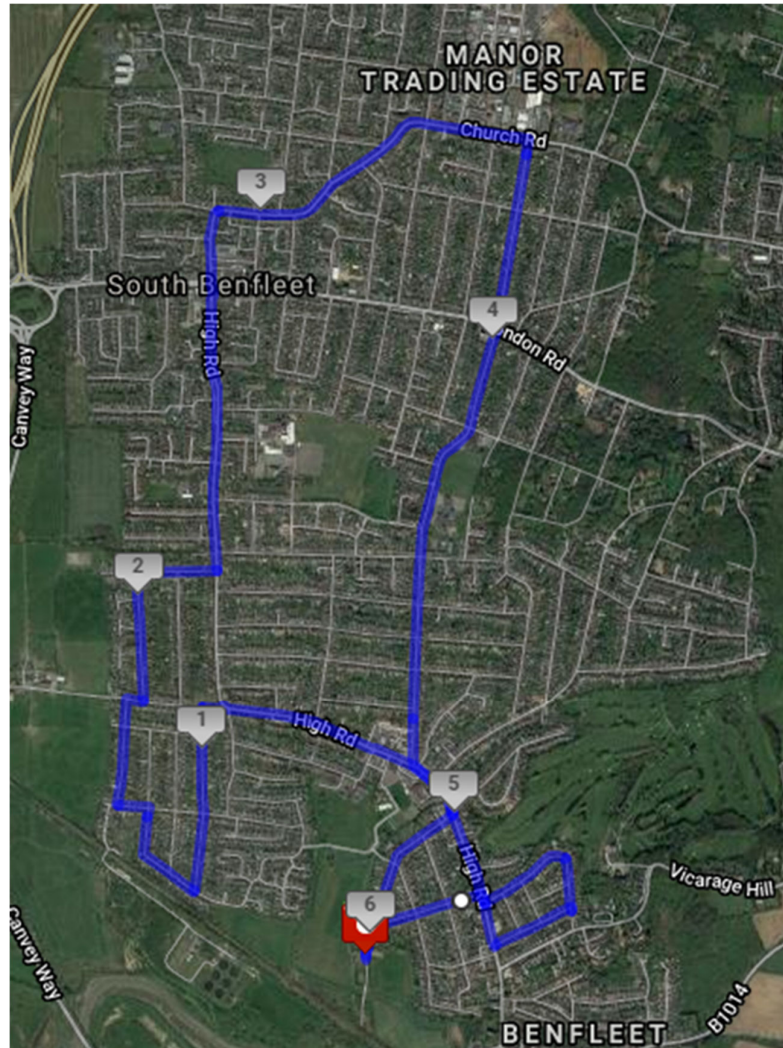
BROOK RD/HIGH RD/JOTMANS LN/APPLETON RD/WOODHAM RD/PHILMEAD RD/LOTEN RD/WATLINGTON RD/UPLANDS RD/HIGH RD/CHURCH RD/KENNETH RD/BREAD AND CHEESE/KENTS HILL RD/HIGH RD/QUEENS RD/KINGS RD/HILLSIDE/HOPE RD/CLUB 7.4 MILES



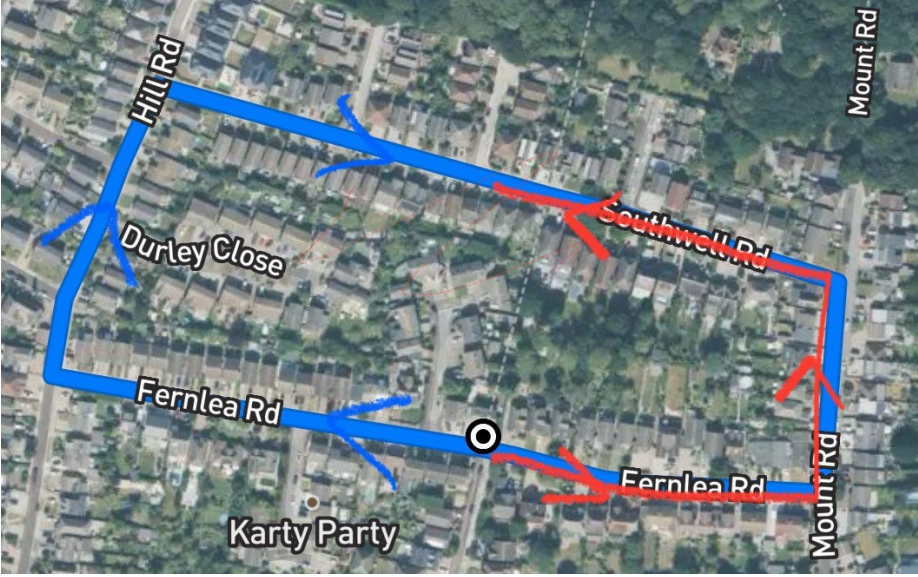
BENFLEET RUNNING CLUB TRAINING FEBRUARY 2026

SHORTER ROUTE 6 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/HIGH RD/ QUEENS RD/KINGS RD/HILLSIDE/HOPE RD



BENFLEET RUNNING CLUB TRAINING FEBRUARY 2026

<p>TUESDAY EFFORTS</p>	<p>24th EFFORT SESSION – HILLY MEET AND GREET!</p> <p>1 mile warm up. In pairs of similar ability. Fernlea Rd from junction with Avenue Rd. One runs Fernlea, Hill Rd, Southwell Rd. Other runs Fernlea, Mount Rd, Southwell Rd. Swap direction after each effort. 4-8 efforts. 1 mile cool down.</p> 
<p>THURSDAY RUN</p>	<p>26th MARATHON SPECIAL!</p> <p>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</p> 