



BENFLEET RC TRAINING SCHEDULE

JANUARY 2012

Tuesday 3 rd	FARTLEK – ZIG ZAGS	5.7 Miles
Thursday 5 th	BROOK RD/HIGH RD/VICARAGE HILL/BENFLEET RD VIC HSE/LONDON RD/NEW RD/DAWS HEATH RD/HART RD CHURCH RD/ KENTS HILL RD (NORTH)/HIGH RD	7.9 Miles
Saturday 7 th	<i>ESSEX X-COUNTRY CHAMPS @ Gloucester Park, Basildon</i> <i>Races start with U13 Girls @ 11 am & finish with senior men @ 2 pm</i>	
Tuesday 10 th	HILL CIRCUITS – RIVERVIEW ROAD 1 ½ mile w/up, 12 x 400m circuits, 1 ½ mile c/down	6 Miles
Thursday 12 th	ESSEX WAY/BENFLEET RD/VIC HSE/LONDON RD HADLEIGH RD/MARINE PARADE/TATTERSALL GDNS LONDON RD/VIC HSE/BENFLEET RD/ESSEX WAY (Shorter routes available)	9.9 Miles
Saturday 14 th	<i>ESSEX LEAGUE X-COUNTRY @ Epping Forest, Chingford</i> <i>Races start @ noon for U13 Girls and last race is Senior Men @ 2 pm</i>	
Tuesday 17 th	INTERVALS – BIRD ESTATE 1 ½ mile w/up, 5 x 1000m with 400m jog recovery, 1 ½ mile c/down	7 Miles
Thursday 19 th	OUT & BACK RUN (50 minute run - Route TBA)	5-7 Miles
Saturday 21 st	BENFLEET 15 MARSHALLS RUN – see club notice board for details	
Sunday 22 nd	<i>BENFLEET 15 MILE (Start 10.30 am)</i> <i>Also 3 km Junior run @ 9 am & 1 km Family fun run @ 9.15 am</i>	15 Miles
Tuesday 24 th	HILL CIRCUITS – HILL ROAD 1 ½ mile w/up, 6 x 1000m circuits, 1 ½ mile c/down	6 ¾ Miles
Thursday 26 th	HIGH RD/CLIFTON AVE/KENTS HILL/CHURCH RD RUSHBOTTOM LANE/WOODSIDE AVE/MANOR RD CHURCH RD/TARPOTS/LONDON RD/KENTS HILL/HIGH RD	7 Miles
Saturday 28 th	<i>Under 11's Open XC Race, organised by Benfleet Running Club.</i> <i>@ Hadleigh Country Park, Chapel Lane - Volunteers required.</i>	
Sunday 29 th	<i>SOUTH ESSEX X-COUNTRY LEAGUE @ South Weald</i> <i>Start 10.30 am</i>	4.3 Miles
Tuesday 31 st	MILL HILL CIRCUITS 2 mile w/up, 12x400m circuits, 2 mile c/down	7 Miles