

BENFLEET RC TRAINING SCHEDULE

FEBRUARY 2010

Tuesday	2 nd	HILL CIRCUITS – RIVERVIEW ROAD 1 ½ mile w/up, 10 x 400m circuits, 1 ½ mile c/down	5 ½ Miles
Thursday	4 th	HIGH RD/TARPOTS/CHURCH RD/HART RD/RAYLEIGH RD VIC HSE/BENFLEET RD/ESSEX WAY	7.3 Miles
Friday	5 th	CIRCUIT TRAINING @ APPLETON SCHOOL 7-8 PM	
Saturday	6 th	QUALITY SESSION – Meet @ John Burrows 9 am	6-7 Miles
Sunday	7 th	<i>GREAT BENTLEY ½ MARATHON (Essex Champs)</i> <i>Start 10.30 am.</i> <i>*NO ENTRIES ON THE DAY*</i>	13.1 Miles
Tuesday	9 th	“BALLBREAKER”	6 Miles
Thursday	11 th	ESSEX WAY/BENFLEET RD/VIC HSE/KILN RD/BREAD & CHEESE HILL/TARPOTS/HIGH RD	6.4 Miles
Friday	12 th	CIRCUIT TRAINING @ APPLETON SCHOOL 7-8 PM	
Sunday	14 th	<i>SOUTH ESSEX X-COUNTRY LEAGUE @ Gloucester Park</i> <i>Start 10.30 am</i>	4 Miles
Tuesday	16 th	HILL CIRCUITS - QUEENS ROAD 1 ½ mile w/up, 8 x ½ mile circuit, 1 ½ mile c/down	7 Miles
Thursday	18 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)	9.8 Miles
Friday	19 th	<i>PRESENTATION EVENING @ PARK VIEW SUITE CHALKWELL</i> <i>7 PM - MIDNIGHT</i>	
Tuesday	23 rd	INTERVAL CIRCUITS – BIRD ESTATE 1 mile w/up, 2 x (600m/800m/1000m circuits) with 1, 1 ½ & 2 min recoveries, 1 mile c/down	5 Miles
Thursday	25 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
Friday	26 th	CIRCUIT TRAINING @ APPLETON SCHOOL 7-8 PM	
Saturday	27 th	QUALITY SESSION – Meet @ John Burrows 9 am	6-7 Miles
Sunday	28 th	<i>RODING VALLEY ½ MARATHON</i> <i>Start 9.30 am</i>	13.1 Miles