

Benfleet Running Club

TRAINING SCHEDULE

JANUARY 2009

Saturday 3 rd	ESSEX X-COUNTRY LEAGUE @ Royal Forest Hotel, Chingford <i>Races start @ Noon</i>	
Tuesday 6 th	“BALLBREAKER”	6 Miles
Thursday 8 th	ESSEX WAY/BENFLEET RD/VIC HOUSE/KILN ROAD BREAD & CHEESE HILL/LONDON RD/TARPOTS/HIGH RD	6.4 Miles
Saturday 10 th	ESSEX X-COUNTRY CHAMPS @ Gloucester Park <i>Races start @ 11 am</i>	
Tuesday 13 th	“THE GOOD, THE BAD & THE UGLY “	6 Miles
Thursday 15 th	HIGH RD/KENTS HILL/BREAD & CHEESE HILL KENNETH RD/HART RD/COMMON APPROACH/DOWN FOOTPATH THRU’ COMMON/KINGSLEY LANE/RAYLEIGH RD DAWS HEATH RD/NEW RD/ A 13/VIC HOUSE/BENFLEET RD ESSEX WAY/CHURCH (Shorter routes available)	8 ¾ Miles
Saturday 17 th	QUALITY SESSION – Meet @ John Burrows 9 am	6 Miles
Sunday 18 th	Les Witton Memorial 10 Mile Road Race (Dartford 10) 9.30am	10 miles
Tuesday 20 th	HILL CIRCUITS – RIVERVIEW ROAD 1 ½ mile w/up, 10 x 400m circuits, 1 ½ mile c/down	5 ½ Miles
Thursday 22 nd	VICARAGE HILL/BENFLEET RD/VIC HSE/LONDON RD NEW RD/DAWS HEATH RD/HART RD/CHURCH RD KENTS HILL RD (NORTH)/HIGH RD	7.6 Miles
Saturday 24 th	QUALITY SESSION – Meet @ John Burrows 9 am BENFLEET 15 MARSHALS RUN	6 Miles <15 Miles
Sunday 25 th	BENFLEET 15 - Start @ 10.30 am	15 Miles
Tuesday 27 th	WOODSIDE CIRCUITS 2 mile w/up, 2 x (1 mile fast, 2 mins jog rec, 2 mins fast, jog to end) 2 mile c/down	8 Miles
Thursday 29 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

