



BENFLEET RC TRAINING SCHEDULE

JULY 2008

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| Tuesday 1 st | “ THE GOOD, THE BAD & THE UGLY “ | 5 Miles |
| Thursday | 3 rd GOLF COURSE/UNDERHILL/THE GLEN/KILN RD THE CHASE/RAYLEIGH RD/DEANES WOODS/JOHN BURROWS/RECTORY RD/CASTLE LANE/DOWN CASTLE HILL/BACK ALONG BOTTOM OF DOWNS | 7 ½ Miles |
| Saturday 5 th | TRACK SESSION – Waterside 9 am | 5 Miles |
| Sunday | 6 th <i>HIGH ONGAR 10 KM (Essex Champs)</i> <i>Start 11 am</i> | 6.2 Miles |
| Tuesday 8 th | HILL REPS – THE GLEN (Bridlepath) 1 ½ mile w/up, 8 x 300m with 300m jog recovery, 1 ½ mile c/down | 6 Miles |
| Wednesday Miles | 9 th <i>CROWN TO CROWN 5 KM (Start 7.30 pm)</i> | 3.1 |
| Thursday | 10 th ALONG FOOTPATH TO PITSEA/UP HILL BY CHURCH UNDER SUBWAY/POUND LANE/RIGHT ALONG BENFLEET HALL RD/DOWN BRIDLEWAY/RIGHT ALONG FOOTPATH UNDER A 130/WOODSIDE AVE MANOR RD/STANWAY RD/ DOWN F-PATH BY SCHOOL FIELD/HOLTYNGE/ CLIFTON AVE/KENTS HILL HIGH RD/BROOK RD | 7 Miles |
| Sunday | 13 th <i>DARK LANE 5 KM (Start 10.15 am) & 10 KM (Start 11.15 am)</i> | |
| Tuesday 15 th | FARTLEK – THE DOWNS | 7 Miles |
| Thursday | 17 th MEET @ HOCKLEY WOODS | 7 Miles |
| Saturday 19 th | TRACK SESSION – Waterside 9 am | 5 Miles |
| Sunday | 20 th <i>THRIFT GREEN 10 KM (Start 11 am)</i> <i>& CHILDRENS 1 KM FUN RUN (Start 10.15 am)</i> <i>incorporating the Benfleet Juniors Club Championships</i> | 6.2 Miles |
| Tuesday 22 nd | INTERVALS – RICHMOND PLAYING FIELDS | 5 Miles |
| Thursday | 24 th THUNDERSLEY PARK RD/KILN RD/RIGHT DOWN INTO GLEN/LEFT UP FOOTPATH TO SHIPWRIGHTS DR ACROSS BENFLEET RD & DOWN SHIPWRIGHTS CLOSE ALONG TOP OF DOWNS/HIGH RD/VICARAGE HILL LEFT DOWN F-PATH BY GOLF COURSE/UNDERHILL BACK ACROSS GOLF COURSE | 6 ¾ Miles |
| Saturday 26 th | TRACK SESSION – Waterside 9 am | 5 Miles |
| Tuesday 29 th | FARTLEK – CANVEY SEA WALL | 7 Miles |
| Thursday | 31 st LEIGH STATION & BACK (Shorter option of 5 miles) | 8 ½ Miles |