

## **BENFLEET RC TRAINING SCHEDULE**

**JULY 2009**

|           |                  |  |               |
|-----------|------------------|--|---------------|
| Thursday  | 2 <sup>nd</sup>  | ALONG BOTTOM OF DOWNS/UP CASTLE HILL/CASTLE LANE/RECTORY RD/JOHN BURROWS/DEANES WOODS RAYLEIGH RD/THE CHASE/KILN RD/DOWN THROUGH THE GLEN/UNDERHILL/GOLF COURSE  | 7 ¼ Miles     |
| Saturday  | 4 <sup>th</sup>  | TRACK SESSION – Waterside 9 am<br>BENFLEET JUNIORS Track Race Meeting 10am   | 5 Miles       |
| Sunday    | 5 <sup>th</sup>  | <b>HIGH ONGAR 10 KM (Start 11 am)</b>  | 6.2 Miles     |
| Tuesday   | 7 <sup>th</sup>  | HILL REPS – HORSESHOE GRAVEL PATH ON DOWNS<br>1 ½ mile w/up, 8 - 10 x 200m or 300m with equal jog recovery, 1 ½ mile c/down  | 5 - 6 ½ Miles |
| Wednesday | 8 <sup>th</sup>  | <b>CROWN TO CROWN 5 KM (Start 7.30 pm)</b>   | 3.1 Miles     |
| Thursday  | 9 <sup>th</sup>  | GROVE RD/AVONDALE RD/DOWN FOOTPATH TO CATHERINE RD/ACROSS BREAD & CHEESE HILL RHODA RD (NORTH)/UP THROUGH CHURCHYARD CHURCH RD/HART RD/COMMON APPROACH/GREAT BURCHES RD/FANE RD/ACROSS FOOTBALL PITCHES MANOR RD/CHURCH RD/KENTS HILL RD (NORTH) | 6.3 Miles     |
| Sunday    | 12 <sup>th</sup> | <b>DARK LANE 5 KM (Start 10.15 am) &amp; 10 KM (Start 11 am)</b><br><b>FELSTED 10 KM (Start 11 am)</b>   |               |
| Tuesday   | 14 <sup>th</sup> | OUT & BACK TEMPO RUN – CREEK ROAD<br>1 mile easy, 10 mins hard out & 10 mins hard back, 1 mile cool down   | 4-5 Miles     |
| Thursday  | 16 <sup>th</sup> | MEET @ HOCKLEY WOODS   | 6 ½ Miles     |
| Saturday  | 18 <sup>th</sup> | TRACK SESSION – Waterside 9 am   | 5 Miles       |
| Sunday    | 19 <sup>th</sup> | <b>THRIFT GREEN 10 KM (Start 11 am)</b><br>N.B. <i>This race incorporates the Essex championships</i>  | 6.2 Miles     |
| Tuesday   | 21 <sup>st</sup> | HILL REPS – SHIPWRIGHTS CLOSE (GRASS HILL)<br>2 mile w/up, 10 x 200m with 200m jog recovery, 2 mile c/down   | 6 ½ Miles     |
| Thursday  | 23 <sup>rd</sup> | 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       | 7 Miles       |
| Saturday  | 25 <sup>th</sup> | TRACK SESSION – Waterside 9 am   | 5 Miles       |
| Sunday    | 26 <sup>th</sup> | <b>HARLOW 10 MILE (Start 9.30 am)</b>  | 10 Miles      |
| Tuesday   | 28 <sup>th</sup> | HILL REPS – THE GLEN<br>1 ¼ mile w/up, 8 x 400m with 400m jog recovery, 1 ¼ mile c/down  | 6 ½ Miles     |
| Thursday  | 30 <sup>th</sup> | LEIGH STATION & BACK (Shorter option of 5 miles)   | 8 ¼ Miles     |