

BENFLEET RC TRAINING SCHEDULE

MARCH 2010

Tuesday	2 nd	HILL CIRCUITS – HILL ROAD 1 ½ mile w/up, 6 x 1000m circuits, 1 ½ mile c/down	6 ¾ Miles
Thursday	4 th	ESSEX WAY/BENFLEET RD/VIC HSE/LONDON RD SUTHERLANDS. BLVD/HIGHLANDS BLVD/SCRUB LANE DAWS HEATH RD/HART RD/CHURCH RD/KENTS HILL RD (NORTH)/HIGH RD/BROOK RD (Shorter routes available)	10 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>GRIZZLY (10.30 am start)</i> <i>ESSEX 20 MILE (11 am start)</i>	20 Miles 20 Miles
Tuesday	9 th	FARTLEK – ZIG ZAGS	6 Miles
Thursday	11 th	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
Friday	12 th	CIRCUIT TRAINING @ APPLETON SCHOOL 7-8 PM	
Saturday	13 th	QUALITY SESSION – Meet @ John Burrows 9 am	6-7 Miles
Tuesday	16 th	MILL HILL CIRCUITS 2 miles w/up, 10 x 200m efforts with 200m jog recovery, 2 miles c/down	6 ½ Miles
Thursday	18 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/FLEET RD (Shorter routes available)	8.6 Miles
Friday	19 th	CIRCUIT TRAINING @ APPLETON SCHOOL 7-8 PM	
Saturday	20 th	SPORT RELIEF MILE @ RICHMOND PLAYING FIELDS (10 am start)	
Sunday	21 st	<i>BRENTWOOD 1/2M (FULL) & FUN RUN (10 am start)</i> <i>ESSEX ROAD RELAYS @ CHELMSFORD (2.30 pm start)</i>	13.1 Miles
Tuesday	23 rd	HILL CIRCUITS – GREENWOOD AVE/SIDWELL AVE 1 ¼ mile w/up, 8 x 400m efforts with 400m jog recovery, 1 ¼ mile c/down	6 ½ Miles
Thursday	25 th	HIGH RD/TARPOTS/LONDON RD/BREAD & CHEESE HILL KILN RD/VIC HSE/BENFLEET RD/ESSEX WAY	6.4 Miles
Friday	26 th	CIRCUIT TRAINING @ APPLETON SCHOOL 7-8 PM	
Sunday	28 th	<i>ULTRA RUN (See notice board for details)</i> <i>BRAINTREE 5 MILE (11 am start)</i>	<22 ½ Miles 5 Miles
Tuesday	30 th	FARTLEK – OUT ON SEA WALL/BACK ON ROADS	6 ½ Miles