



BENFLEET RC TRAINING SCHEDULE

MAY 2008

Thursday	1 st	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	3 rd	TRACK SESSION – WATERSIDE 9.30am	5 Miles
Tuesday	6 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
Thursday	8 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	11 th	BLUEBELL 5 (Start 10.30 am) HALSTEAD MARATHON (Start 10 am)	5 Miles 26.2 Miles
Tuesday	13 th	“ THE GOOD, THE BAD & THE UGLY “	5 Miles
Thursday	15 th	MEET @ HOCKLEY WOODS	7 Miles
Saturday	17 th	TRACK SESSION – WATERSIDE 9.30am	5 Miles
Sunday	18 th	GREAT BADDOW 10 MILE (Essex champs – Start 11 am) & 2 Mile Fun Run	10 Miles
Tuesday	20 th	FARTLEK – THE DOWNS	7 Miles
Thursday	22 nd	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	24 th	TRACK SESSION – WATERSIDE 9.30am	5 Miles
Monday	26 th	HATFIELD BROAK OAK 10KM (Start 11 am) & CHILDRENS 1 KM FUN RUN (12.30 pm)	6.2 Miles
Tuesday	27 th	HILL REPS – THE GLEN 1 ¼ mile w/up, 8 x 400m with 400m jog recovery, 1 ¼ mile c/down	6 ½ MILES
Thursday	29 th	LEIGH STATION & BACK (Shorter option of 5 miles)	8 ½ Miles
Saturday	31 st	TRACK SESSION – WATERSIDE 9.30am	5 Miles