

BENFLEET RC TRAINING SCHEDULE

SEPTEMBER 2010

Wednesday	1 st	<i>CROWN TO CROWN 5 KM (7 pm)</i>	3.1 Miles
Thursday	2 nd	ACROSS BOTTOM OF DOWNS/HADLEIGH CASTLE CASTLE LANE/LONDON RD/VIC HOUSE/KILN RD/BREAD & CHEESE HILL/KENTS HILL	6.8 Miles
Sunday	5 th	<i>ESSEX WAY RELAY (8 am – 6 pm)</i>	
Tuesday	7 th	FARTLEK – ZIG ZAGS	5.7 Miles
Thursday	9 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
Sunday	12 th	<i>CANVEY 10 KM & 5 KM (11 am)</i>	
Tuesday	14 th	MILL HILL CIRCUITS 2 mile w/up, 10 x 400m circuits, 2 mile c/down	6 ½ Miles
Thursday	16 th	HIGH RD/TARPOTS/LONDON RD/BREAD & CHEESE HILL/KILN RD/VIC HSE/BENFLEET RD/ESSEX WAY	6.4 Miles
Sunday	19 th	<i>INGATESTONE 5 MILE – Club Champs (11 am)</i>	5 Miles
Tuesday	21 st	HILL CIRCUITS – HILL ROAD 1 ½ mile w/up, 6 x 1000m circuits, 1 ½ mile c/down	6 ¾ Miles
Thursday	23 rd	HIGH RD/CLIFTON AVE/KENTS HILL/CHURCH RD RUSHBOTTOM LANE/WOODSIDE AVE/MANOR RD CHURCH RD/TARPOTS/LONDON RD/KENTS HILL/HIGH RD	7 Miles
Saturday	25 th	QUALITY SESSION – Meet @ John Burrows 9 am	6 Miles
Sunday	26 th	<i>VALENTINES PARK 5 KM (10.30 am)</i>	3.1 Miles
Tuesday	28 th	INTERVALS – BIRD ESTATE 1 ½ mile w/up, 4 x 1000m with 400m jog recovery, 1 ½ mile c/down	6 ½ Miles
Thursday	30 th	ESSEX WAY/BENFLEET RD/VIC HSE/RAYLEIGH RD HART RD/CHURCH RD/TARPOTS/HIGH RD	7.3 Miles