



Rochford Running Club

Running Schedule

Week commencing 30.10.17 to Week commencing 27.11.17

HBC = Hawkwell Baptist Church,
Rectory Rd, Hawkwell
Eastwood Hall = Next to Morrison's,
Western Approaches, Eastwood

	Mon	Tue Meet 7.15 for 7.30 start	Wed	Thur Meet 7.15 for 7.30 start	Fri	Sat	Sun
Week 30.10.17		Meet Majestic Wine car park, Fossett's Way intervals 70% Lactate/Aerobic		Meet Webster's Way Car Park 3 distance options: 3/4.5 & 6.3 miles			
Week 6.11.17		Hawkwell Baptist Church NEW RUN! 2 distances 3 or 6 miles		St Lawrence Park 200/400 repeats			
Week 13.11.17		Hawkwell Baptist Church Negative Split 3 Distances: 3.5/4.2 & 5.6		Circuits – King Edmund School Core/Strength/Agility –			
Week 20.11.17		Majestic Wine car park partner relays Lactate/Aerobic		Hockley Woods car park (park in The Bull inn) Park run loops Head/Body torches required			
Week 27.11.17		*****Eastwood Hall ***** NEW ROUTES loops 3 distance options 3.4/4.6 & 6.2		East of casino sea front car park. Step intervals by cliff lift on Southend Seafront Lactate/aerobic			