



Rochford Running Club

Running Schedule
Week 14.5.18 to Week 11.06.18

	Mon	Tue Meet 7.15 for 7.30 start	Wed	Thur Meet 7.15 for 7.30 start	Fri	Sat	Sun
Week 14.5.18		Stambridge Fisheries Run 3 distances – 3 - 6.5 miles aerobic Meet Rochford Rec car park, Stambridge Road (by Rochford Bowling Club)		Circuits Core, Strength & Agility Meet Ashingdon Rec, next to Ashingdon Memorial Hall, Ashingdon Road			
Week 21.5.18		RRC Annual General Meeting Meeting point - HBC 7.30pm ***ALL MEMBERS TO ATTEND***		Beach Intervals Beach and path loops 1.2m 3-6 70% (2-3') Meet Ocean Beach Aerobic / lactic			
Week 28.5.18		Track session Eastwood Academy, Rayleigh Road SS9 5UU		Rochford/Cherry Orchard (RVW1) 3.25/4.5/5.4 miles Cross country Meet Back Lane car park, Rochford			
Week 4.6.18		5k Time Trial Ironwell Lane Meet Jet Garage, Ashingdon Road Aerobic		HARP24 Practice 4.2 miles Cross Country Meet Westcliff Rugby Club, Aviation Way			
Week 11.6.18		Jubilee Country Park run 3.25, 4 or 5.6 miles Meet: Clements Hall car park Aerobic, Cross country	Crown 2 Crown 5k (Langdon Hills)	Eastwood Track Guest coach session Eastwood Academy, Rayleigh Road SS9 5UU			