



Rochford Running Club

Running Schedule

Week commencing 05.11.187 to Week commencing 26.11.19

	Mon	Tue Meet 7.15 for 7.30 start	Wed	Thur Meet 7.15 for 7.30 start	Fri	Sat	Sun
Week 5.11.18		HBC Rectory Avenue short hill reps 4 – 10		HARP in the Dark!! Head torches essential, cross country social run		3m Park Run @ 9am	Stebbing 10
Week 12.11.18		HBC Rochford Negative Split 3 Distances: 3.5/4.2 & 5.6		Fossetts Farm 200 mtr partner relays 70% effort Lactate/Aerobic Meet Majestic Wine car park ***Flyers quiz!***		3m Park Run @ 9am	Chelmsford 10k
Week 19.11.18		Eastwood CC Western Approaches loops 3 distance options 3.4/4.6 & 6.2		Circuits – King Edmund School Core/Strength/Agility		3m Park Run @ 9am	
Week 26.11.18		Eastwood CC Partner 200m sprint reps/100m recovery 70% Lactate/aerobic		Clements Hall start Negative split – timed 25/24 or 20/19 Run out towards Rayleigh		3m Park Run @ 9am	Santa Run 5k – Watt Tyler Park