

## **Cleethorpes A.C. Tuesday Training Plan**

Tuesday 12<sup>th</sup> November through to Tuesday 25<sup>th</sup> February

This training schedule is for runners who race a 5Km race between 19mins & 22mins.

Tuesday 12<sup>th</sup> November - **Clee A.C. 5Km Prom Race (On Line entry)**

Tuesday 19<sup>th</sup> November - **15 x 1min sprints (1min rest in between)**

Tuesday 26<sup>th</sup> November - **6 x 1Km intervals (4min rest in between)**

Tuesday 3<sup>rd</sup> December - **Clee A.C. 5Km Prom Race (On Line entry)**

Tuesday 10<sup>th</sup> December - **Winter Strides**

Tuesday 17<sup>th</sup> December - **Cleethorpes Athletics Club Head Torch Run**

Tuesday 24<sup>th</sup> December - **Anyone really running? Merry Christmas!**

Tuesday 31<sup>st</sup> December - **Anyone really running? Happy New Year!**

Tuesday 7<sup>th</sup> January - **Clee A.C. 5Km Prom Race (On Line entry)**

Tuesday 14<sup>th</sup> January - **Hill Training**

Tuesday 21<sup>st</sup> January - **Pyramids**

Tuesday 28<sup>th</sup> January - **15 x 1min sprints (1min rest in between)**

Tuesday 4<sup>th</sup> February - **Clee A.C. 5Km Prom Race (On Line entry)**

Tuesday 11<sup>th</sup> February - **Winter Strides**

Tuesday 18<sup>th</sup> February - **6 x 1Km intervals (4min rest in between)**

Tuesday 25<sup>th</sup> February - **Hill Training**