

Cleethorpes A.C. Tuesday Training Plan

Tuesday 07th March through to Tuesday 30th May

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

Tuesday 07th March - **Clee A.C. 5Km Prom Race (On Line entry)**

Tuesday 14th March - **Hill Training**

Tuesday 21st March - **1Min Sprint – 4Min rest x 10**

Tuesday 28th March - **6 x 1Km intervals (4min rest in between)**

Tuesday 4th April - **Pyramids**

Tuesday 11th April - **Summer Strides**

Tuesday 18th April - **South Sea Lane 4 x 1 mile efforts**

Tuesday 25th April - **Turn & Burn!! (5K out – 5K race back!)**

Tuesday 2nd May - **15 x 1min sprints (2min rest in between)**
NOTE:- (Croxby 1 lap 3rd May)

Tuesday 9th May - **Beach Loops!**

Tuesday 16th May - **Pyramids**

Tuesday 23rd May - **Summer Strides**

Tuesday 30th May - **South Sea Lane 4 x 1 mile efforts**