

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

Tuesday 18<sup>th</sup> September through to Tuesday 18<sup>th</sup> December 2018

Note:-This plan is not fixed and may change due to club events – Head Torch runs etc.

This training schedule is for runners who race a 5Km race between 20mins & 22mins.

Tuesday 18<sup>th</sup> September - **Pyramids**

Tuesday 25<sup>th</sup> September - **Beach Sprints/2min efforts (light depending)**

Tuesday 2<sup>nd</sup> October - **6 x 1Km intervals (4min rest in between)**

Tuesday 9<sup>th</sup> October - **Hill Training**

Tuesday 16<sup>th</sup> October - **15 x 1min sprints (1min rest in between)**

Tuesday 23<sup>rd</sup> October - **Winter Strides**

Tuesday 30<sup>th</sup> October - **10 x 2min sprints (1.5min rest in between)**

Tuesday 6<sup>th</sup> November - **Clee A.C. 5Km Prom Race (On Line entry)**

Tuesday 13<sup>th</sup> November - **Hill Training**

Tuesday 20<sup>th</sup> November - **6 x 1Km intervals**

Tuesday 27<sup>th</sup> November - **Winter Strides**

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

Tuesday 11<sup>th</sup> December - **10 x 2min sprints (1.5min rest in between)**

Tuesday 18<sup>th</sup> December - **Hill Training**