

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

Tuesday 15<sup>th</sup> January through to Tuesday 16<sup>th</sup> April 2019

Note:-This plan is not fixed and may change due to weather conditions etc.

This training schedule is for runners who race a 5Km race between approx. 20mins & 23mins.

- Tuesday 15<sup>th</sup> January - **Hill Training**
  
- Tuesday 22<sup>th</sup> January - **15 x 1min sprints (1min rest in between)**
  
- Tuesday 29<sup>th</sup> January - **Winter Strides**
  
- Tuesday 5<sup>th</sup> February - **Clee A.C. 5Km Prom Race (On Line entry)**
  
- Tuesday 12<sup>th</sup> February - **10 x 2min sprints (1.5min rest in between)**
  
- Tuesday 19<sup>th</sup> February - **Hill Training**
  
- Tuesday 26<sup>th</sup> February - **6 x 1Km intervals**
  
- Tuesday 5<sup>th</sup> March - **Clee A.C. 5Km Prom Race (On Line entry)**
  
- Tuesday 12<sup>th</sup> March - **Winter Strides**
  
- Tuesday 19<sup>th</sup> March - **15 x 1min sprints (1min rest in between)**
  
- Tuesday 26<sup>th</sup> March - **Hill Training**
  
- Tuesday 2<sup>nd</sup> April - **6 x 1Km intervals**
  
- Tuesday 9<sup>th</sup> April - **10 x 2min sprints (1.5min rest in between)**
  
- Tuesday 16<sup>th</sup> April - **Summer Strides**