

Cleethorpes A.C. Tuesday Training Plan

Tuesday 23rd April through to Tuesday 30th July 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.

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| Tuesday 23 rd April - | Beach Sprints |
| Tuesday 30 th April - | 15 x 1min sprints (1min rest in between) |
| Tuesday 7 th May - | Summer Strides |
| Tuesday 14 th May - | Pyramids |
| Tuesday 21 st May - | 10 x 2min sprints (1.5min rest in between) |
| Tuesday 28 th May - | Beach Sprints |
| Tuesday 4 th June - | 6 x 1Km intervals |
| Tuesday 11 th June - | Summer Strides |
| Tuesday 18 th June - | 15 x 1min sprints (1min rest in between) |
| Tuesday 25 th June - | Beach Sprints |
| Tuesday 2 nd July - | 10 x 2min sprints (1.5min rest in between) |
| Tuesday 9 th July - | 6 x 1Km intervals |
| Tuesday 16 th July - | 15 x 1min sprints (1min rest in between) |
| Tuesday 23 rd July - | Summer Strides |
| Tuesday 30 th July - | 10 x 2min sprints (1.5min rest in between) |