

Cleethorpes A.C. Tuesday Training Plan

Tuesday 6th August through to Tuesday November 5th 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 6 th August -	Beach Sprints
Tuesday 13 th August -	15 x 1min sprints (1min rest in between)
Tuesday 20 th August -	Summer Strides
Tuesday 27 th August -	Pyramids
Tuesday 3 rd September -	10 x 2min sprints (1.5min rest in between)
Tuesday 10 th September -	Beach Sprints
Tuesday 17 th September -	6 x 1Km intervals
Tuesday 24 th September -	Summer Strides
Tuesday 1 st October -	Hills
Tuesday 8 th October -	Winter Strides
Tuesday 15 th October -	15 x 1min sprints (1min rest in between)
Tuesday 22 nd October -	6 x 1Km intervals
Tuesday 29 th October -	10 x 2min sprints (1.5min rest in between)
Tuesday 5 th November -	Winter Strides (Dodging fireworks)