

Collingwood AC - Tuesday Training Sessions

Tuesday training sessions are generally interval sessions unless weather conditions or races interrupt. The schedule for these is on a 4 week rotation. The locations for the individual sessions vary according to the season and exact distances vary according to the location.

Short: 0.2 to 0.25 miles ~ 3k race pace or better

Medium: 0.5 to 0.6 miles ~ 5k race pace or better

Long: 1 mile ~ 10k race pace or better

Hills: 200 to 800m

The schedule for the 4 week rotation is:

Short	Medium	Long	Hills
			22 nd Nov
29 th Nov	6 th Dec	13 th Dec	20 th Dec
27 th Dec (TBC)	3 rd Jan (TBC)	10 th Jan	17 th Jan
24 th Jan	31 st Jan	7 th Feb	14 th Feb
21 st Feb	28 th Feb	6 th Mar	13 th Mar