

## 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
			26 <sup>th</sup> Jan
2 <sup>nd</sup> Feb	9 <sup>th</sup> Feb	16 <sup>th</sup> Feb	23 <sup>rd</sup> Feb
2 <sup>nd</sup> Mar	9 <sup>th</sup> Mar	16 <sup>th</sup> Mar	23 <sup>rd</sup> Mar
30 <sup>th</sup> Mar	6 <sup>th</sup> Apr	13 <sup>th</sup> Apr	20 <sup>th</sup> Apr
27 <sup>th</sup> Apr	4 <sup>th</sup> May	11 <sup>th</sup> May	