

## 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
27 <sup>th</sup> Oct	3 <sup>rd</sup> Nov	10 <sup>th</sup> Nov	17 <sup>th</sup> Nov
24 <sup>th</sup> Nov	1 <sup>st</sup> Dec	8 <sup>th</sup> Dec	15 <sup>th</sup> Dec
22 <sup>nd</sup> Dec	29 <sup>th</sup> Dec	5 <sup>th</sup> Jan	12 <sup>th</sup> Jan
19 <sup>th</sup> Jan	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	1 <sup>st</sup> Mar	8 <sup>th</sup> Mar