

**Denmead Striders Summer Schedule 2020/21- 6W Window**

	Date	Level	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim	Area
1	07/04/2021	1	400m Intervals	10-14	45	Angela.A	Improve aerobic conditioning and running economy	Venue: Berewood Estate
		2	800/400/400	1-3	75/45/75	Gary.M	Build aerobic and lactic thresholds. Increase pace on each repetition.	Venue: Aston Road Industrial Estate
		3	1200m Intervals	2-4	90	Kirsty.A	Build strength and speed endurance	Venue: Westside View, the road opposite Waterlooille Leisure Centre.
2	14/04/2021	1	1200m Intervals	2-4	90	Rory.H	Build strength and speed endurance	Venue: Westside View, the road opposite Waterlooille Leisure Centre.
		2	400m Intervals	10-14	45	Martin.S	Improve aerobic conditioning and running economy	Venue: Berewood Estate
		3	800/400/400	1-3	75/45/75	Kirsty.A	Build aerobic and lactic thresholds. Increase pace on each repetition.	Venue: Aston Road Industrial Estate
3	21/04/2021	1	800/400/400	1-3	75/45/75	Gary.M	Build aerobic and lactic thresholds. Increase pace on each repetition.	Venue: Aston Road Industrial Estate
		2	1200m Intervals	2-4	90	Steve.T	Build strength and speed endurance	Venue: Westside View, the road opposite Waterlooille Leisure Centre.
		3	400m Intervals	10-14	45	Rory.H	Improve aerobic conditioning and running economy	Venue: Berewood Estate

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Week	Date	Level	Session 19 .00 Start	Number	Recovery Seconds	Coach	Session Aim	Area
4	28/04/2021	1	800m Intervals	4-6	75	Gemma.H	Practise pacing and improve speed endurance	Venue: Aston Road Industrial Estate
		2	400m Intervals	10-14	45	Julia.R	Improve aerobic conditioning and running economy	Venue: Berewood Estate
		3	1000m Intervals	3-5	90	Paul.W	Practise pacing and improve speed endurance Aim for 2_5 improvement secs per repetition.	Venue: Westside View, the road opposite Waterlooille Leisure Centre.
5	05/05/2021	1	1000m Intervals	3-5	90	Steve.T	Practise pacing and improve speed endurance Aim for 2-5 improvement secs per repetition.	Venue: Westside View, the road opposite Waterlooille Leisure Centre.
		2	800m Intervals	4-6	75	Martin.S	Practise pacing and improve speed endurance	Venue: Aston Road Industrial Estate
		3	400m Intervals	10-14	45	Kirsty.A	Improve aerobic conditioning and running economy	Venue: Berewood Estate
6	12/05/2021	1	400m Intervals	10-14	45	Gary.M	Improve aerobic conditioning and running economy	Venue: Berewood Estate
		2	1000m Intervals	3-5	90	Gemma.H	Practise pacing and improve speed endurance Aim for 2-5 improvement secs per repetition.	Venue: Westside View, the road opposite Waterlooille Leisure Centre.
		3	800m Intervals	4-6	75	Angela.A	Practise pacing and improve speed endurance	Venue: Aston Road Industrial Estate

**Denmead Striders - Return To Training.**  
**Please remember to keep 2 meters apart and stay safe.**