

**Denmead Striders Summer Schedule Monday 2021**

Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim
1	29/03/2021	800 Intervals	3-6	75 secs		Improve ability to run at a good sustained pace. Practise pacing.
2	05/04/2021	400 Intervals	8-12	45 secs		Improve aerobic conditioning and running economy.
3	12/04/2021	200 Intervals	12-16	30 secs		Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
4	19/04/2021	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set		Practise conserving resources and improve pace and strength.
5	26/04/2021	600 Intervals	6-10	60 secs		Improve lactic and aerobic threshold. Practise running off road.
6	03/05/2021	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down		Sustained effort, improve pace and stamina
7	10/05/2021	400 Intervals	8-12	45 secs		Improve aerobic conditioning and running economy.
8	17/05/2021	Fartlek - 2F/2S	20-30 mins	2 mins slow		Improve ability to run at pace for longer
9	24/05/2021	1 Mile Intervals	2-4	180		Speed and strength endurance
10	31/05/2021	600 Intervals	6-10	60 secs		Improve lactic and aerobic threshold. Practise running off road.
11	07/06/2021	800+400+200+200	2-4	75/45/25 + 60 secs after set		Practise conserving resources and improve pace and strength.
12	14/06/2021	Tempo Run	6/6/ 6 or 10/ 10 / 10	1 & 3		Improve ability to run at pace for longer
13	21/06/2021	400 Intervals	8-14	45 secs	Kirsty.A	Improve aerobic conditioning and running economy.
14	28/06/2021	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Gary.M	Sustained effort, improve pace and stamina
15	05/07/2021	1 Mile Intervals	2-4	180 secs	Angela.A	Speed and strength endurance
16	12/07/2021	800 Intervals	4-8	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practise pacing.
17	19/07/2021	600 Intervals - Creech Woods	6-10	60 secs	Paul.W	Improve lactic and aerobic threshold. Practise running off road.
18	26/07/2021	200 Intervals	14-20	30 secs	Martin.P	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
19	02/08/2021	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set	Rory.H	Practise conserving resources and improve pace and strength.
20	09/08/2021	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Martin.S	Sustained effort, improve pace and stamina
21	16/08/2021	800+400+200+200	2-4	75/45/25 + 60 secs after set	Angela.A	Practise conserving resources and improve pace and strength.
22	23/08/2021	200 Intervals	14-20	30 secs	Gemma.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
23	30/08/2021	400 Intervals	8-14	45 secs	Martin.P	Improve aerobic conditioning and running economy.
24	06/09/2021	800 Intervals	4-8	75 secs	Kirsty.A	Improve ability to run at a good sustained pace. Practise pacing.