

Denmead Striders Summer Schedule Wednesday 2021

Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
1	31/03/2021	Fartlek - 2F/2S	24 mins	2 mins slow		Improve all round conditioning and Practise change of pace.
2	07/04/2021	800/400/400	1-3	75/45/75		Build aerobic and lactic thresholds. Increase pace on each repetition.
3	14/04/2021	400 Intervals	8-12	45 secs		Improve aerobic conditioning and running economy.
4	21/04/2021	Hills	6/7/8	Down		Build strength and stamina. Give confidence to attack the uphill during a race.
5	28/04/2021	800 Intervals	3-6	75 secs		Improve ability to run at a good sustained pace. Practise pacing.
6	05/05/2021	600 Intervals	6-10	60 secs		Improve lactic and aerobic threshold. Practise running off road.
7	12/05/2021	1200 Intervals	2-4	120 secs		Practise conserving resources and improve pace and strength.
8	19/05/2021	800/400/400	1-3	75/45/75		Build aerobic and lactic thresholds. Increase pace on each repetition.
9	26/05/2021	400 Intervals	8-12	45 secs		Improve aerobic conditioning and running economy. Practise off road running.
10	02/06/2021	Sustained Run 10K	6.2M	N/A		Race Practise, pace judgement, accounting for temperature, sustained effort up and down hill.
11	09/06/2021	Hills	7/8/9	Down		Build strength and stamina. Give confidence to attack the uphill during a race.
12	16/06/2021	Ladders - 1,2,3,4,5,4,3,2,1	1 set	Half Preceding		Improve all round conditioning and lactic aerobic threshold.
13	23/06/2021	Fartlek - 2F/2S	32 mins	2 mins slow	Gary.M	Improve all round conditioning and Practise change of pace.
14	30/06/2021	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400,200	1 Set	90 secs	Paul.W	Speed and stamina
15	07/07/2021	800/400/400	1-3	75/45/75	Kirsty.A	Build aerobic and lactic thresholds. Increase pace on each repetition.
16	14/07/2021	Sustained Run Denmead 10K	6.2M		All Coaches	Race Practise, pace judgement, accounting for temperature, sustained effort up and down hill.
17	21/07/2021	800 Intervals - Creech Woods	4-8	75 secs	Martin.S	Improve ability to run at a good sustained pace. Practise pacing and off road running
18	28/07/2021	800/400/400	1-3	75/45/75	Gary.M	Build aerobic and lactic thresholds. Increase pace on each repetition.
19	04/08/2021	800+400+200+200	2-4	75/45/25 + 60 secs after set	Angela.A	Practise conserving resources and improve pace and strength.
20	11/08/2021	Hills	7/8/9	Down	Gary.M	Build strength and stamina. Give confidence to attack the uphill during a race.
21	18/08/2021	800/400/400	1-3	75/45/75	Martin.S	Build aerobic and lactic thresholds. Increase pace on each repetition.
22	25/08/2021	6 / 6 / 6 Tempo 10 / 10 / 10 Tempo	1 set	1 & 3	Rory.H	Improve ability to run at pace for longer
23	01/09/2021	400+200+200	4-8	45/25 + 60 secs after set	Paul.W	Practise conserving resources and improve pace and strength.
24	08/09/2021	Fartlek - 2F/2S	24 mins	2 mins slow	Gary.M	Improve all round conditioning and Practise change of pace.