

Denmead Striders Summer Schedule Monday

Denmead Striders Summer Schedule Wednesday

Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim	Week	Wednesday	Session 19.00 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.	1	31/03/2021	Fartlek - 2F/2S	24 mins	2 mins slow		improve all round conditioning and Practise change of pace.
2	05/04/2021	400 intervals	8-12	45 secs		Improve aerobic conditioning and running economy.	2	07/04/2021	800/400/400	1-3	75/45/75		Build aerobic and lactic thresholds. Increase pace on each repetition.
3	12/04/2021	200 intervals ¹	12-16	30 secs		Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	3	14/04/2021	400 intervals	8-12	45 secs		improve aerobic conditioning and running economy.
4	19/04/2021	1200+400+400+200+200	1-2 Sets	90/60/30 secs +120 after set		Practise conserving resources and improve pace and strength	4	21/04/2021	Hills	6/7/8	Down		Build strength and stamina. site confidence to attack the uphill during a race.
5	26/04/2021	600 intervals	6-10	60 secs		Improve lactic and aerobic threshold. Practise running off road.	5	28/04/2021	800 intervals	3-6	75 secs		improve ability to run at a good sustained pace. Practise pacing.
6	03/05/2021	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down		Sustained effort, improve pace and stamina	6	05/05/2021	600 intervals	6-10	60 secs		improve lactic and aerobic threshold. Practise running off road.
7	10/05/2021	400 intervals	8-12	45 secs		Improve aerobic conditioning and running economy.	7	12/05/2021	1200 intervals	2-4	120 secs		Practise conserving resources and improve pace and strength
8	17/05/2021	Fartlek- 2F/2S	20-30 mins	2 mins slow		improve ability to run at pace for longer	8	19/05/2021	800/400/400	1-3	75/45/75		Build aerobic and lactic thresholds. increase pace on each repetition.
9	24/05/2021	1 Mile Intervals	2-4	180		Speed and strength endurance	9	26/05/2021	400 intervals	8-12	45 secs		improve aerobic conditioning and running economy. Practise off road running.
10	31/05/2021	600 intervals	6-10	60 secs		improve lactic and aerobic threshold. Practise running off road.	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	07/06/2021	800+400+200+200	2-4	75/45/25 + 60 secs after set		Practise conserving resources and improve pace and strength	11	09/06/2021	Hills	7/8/9	Down		Build strength and stamina. site confidence to attack the uphill during a race.
12	14/06/2021	Tempo Run	6/ 6 /6 or 10/ 10 / 10	1 & 3		improve ability to run at pace for longer	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	21/06/2021	400 Intervals	8-14	45 secs	Kirsty.A	Improve aerobic conditioning and running economy.	13	23/06/2021	Fartlek - 2F/2S	32 mins	2 mins slots	Gary.M	Improve all round conditioning and Practise change of pace.
14	28/06/2021	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Gary.M	Sustained effort, improve pace and stamina	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	05/07/2021	1 Mile intervals	2-4	180 secs	Angela.A	Speed and strength endurance	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	12/07/2021	800 intervals	4-8	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practise pacing.	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	19/07/2021	600 intervals - Creech Woods	6-10	60 secs	Paul.W	Improve lactic and aerobic threshold. Practise running off road.	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	26/07/2021	200 intervals	14-20	30 secs	Martin.P	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	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	02/08/2021	1200+400+400+203+200	1-2 Sets	90/60/30 secs +120 after set	Rory.H	Practise conserving resources and improve pace and strength	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	09/08/2021	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Martin.S	Sustained effort, improve pace and stamina	20	11/08/2021	Hills	7/8/9	Down	Gary.M	Build strength and stamina. Site confidence to attack the uphill during a race.
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	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	23/08/2021	200 intervals	14-20	30 secs	Gemma.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	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	30/08/2021	400 intervals	8-14	45 secs	Martin.P	Improve aerobic conditioning and running economy.	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	06/09/2021	800 intervals	4-8	75 secs	Kirsty.A	Improve ability to run at a good sustained pace. Practise pacing.	24	08/09/2021	Fartlek - 2F/2S	24 mins	2 mins slow	Gary.M	improve all round conditioning and Practise change of pace.

The full summer schedule has been published if you still wish to follow the schedule for your own personal training at a social distance. Stay safe Striders and take care.