

**Denmead Striders Summer Schedule 2021- 6W Window (19/05/21 - 23/06/21)**

Week	Date	Level	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim	Area
1	19/05/2021	1	800 Intervals	4-8	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practice pacing for road running	Area A Scout Hut, Tanners Lane
		2	1200/400 Intervals	2-4	90 secs	Gary.M	Build strength and speed endurance with a finishing kick.	Area B - Kidmore Lane Cross Roads
		3	Hill Repetitions	7/8/9 mins	Downhill	Kirsty.A	Build strength and stamina. Give confidence to attack the uphill during a race.	Area C Pit Hill Lane
2	26/05/2021	1	Hill Repetitions	7/8/9 mins	Downhill	Angela.A	Build strength and stamina. Give confidence to attack the uphill during a race.	Area C Pit Hill Lane
		2	800 Intervals	4-8	75 secs	Martin.S	Improve ability to run at a good sustained pace. Practice pacing for road running	Area A Scout Hut, Tanners Lane
		3	1200/400 Intervals	2-4	90 secs	Rory.H	Build strength and speed endurance with a finishing kick.	Area B - Kidmore Lane Cross Roads
3	02/06/2021	1	1200/400 Intervals	2-4	90 secs	Gary.M	Build strength and speed endurance with a finishing kick.	Area B - Kidmore Lane Cross Roads
		2	Hill Repetitions	7/8/9 mins	Downhill	Julia.R	Build strength and stamina. Give confidence to attack the uphill during a race.	Area C Pit Hill Lane
		3	800 Intervals	4-8	75 secs	Paul.W	Improve ability to run at a good sustained pace. Practice pacing for road running	Area A Scout Hut, Tanners Lane

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Week	Date	Level	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim	Area
4	09/06/2021	1	Hill Repetitions	8/9/10 mins	Downhill	Steve.T	Build strength and stamina. Give confidence to attack the uphill during a race.	Area C Pit Hill Lane
		2	400 Intervals	10-14	45 secs	Gemma.H	Improve aerobic conditioning and running economy.	Area A Scout Hut, Tanners Lane
		3	800/400/400	1-3	75/45/75	Kirsty.A	Build aerobic and lactic thresholds. Increase pace on each repetition.	Area B - Kidmore Lane Cross Roads
5	16/06/2021	1	800/400/400	1-3	75/45/75	Angela.A	Build aerobic and lactic thresholds. Increase pace on each repetition.	Area B - Kidmore Lane Cross Roads
		2	Hill Repetitions	8/9/10 mins	Downhill	Martin.S	Build strength and stamina. Give confidence to attack the uphill during a race.	Area C Pit Hill Lane
		3	400 Intervals	10-14	45 secs	Paul.W	Improve aerobic conditioning and running economy.	Area A Scout Hut, Tanners Lane
6	23/06/2021	1	400 Intervals	10-14	45 secs	Gary.M	Improve aerobic conditioning and running economy.	Area A Scout Hut, Tanners Lane
		2	800/400/400	1-3	75/45/75	Gemma.H	Build aerobic and lactic thresholds. Increase pace on each repetition.	Area B - Kidmore Lane Cross Roads
		3	Hill Repetitions	8/9/10 mins	Downhill	Rory.H	Build strength and stamina. Give confidence to attack the uphill during a race.	Area C Pit Hill Lane

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