

Denmead Striders Summer Schedule Monday 2021

Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim
18	26/07/2021	200 Intervals	14-20	30 secs	Gary.M	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	Practice 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	Practice 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	Gary.M	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. Practice pacing.