

Denmead Striders Summer Schedule Wednesday 2021

Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
17	21/07/2021	800 Intervals - Creech Woods	4-8	75 secs	Martin.S	Improve ability to run at a good sustained pace. Practice pacing and off road running
18	28/07/2021	Sustained Run Denmead 10K	6.2M		All Coaches	Race practice, pace judgement, accounting for temperature, sustained effort up and down hill.
19	04/08/2021	800+400+200+200	2-4	75/45/25 + 60 secs after set	Angela.A	Practice conserving resources and improve pace and strength.
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	Ladders - 1,2,3,4,5,4,3,2,1	1 set	Half Preceding	Gary.M	Improve all round conditioning and lactic aerobic threshold.
23	01/09/2021	400+200+200	4-8	45/25 + 60 secs after set	Paul.W	Practice 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 practice change of pace.