

Denmead Striders Summer Schedule Monday 2022

Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim
1	28/03/2022	800 Intervals	3-6	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practise pacing.
2	04/04/2022	400 Intervals	8-12	45 secs	Paul.W	Improve aerobic conditioning and running economy.
3	11/04/2022	200 Intervals	12-16	30 secs	Kirsty.A	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
4	18/04/2022	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set	Angela.A	Practise conserving resources and improve pace and strength.
5	25/04/2022	600 Intervals - Creech Woods	6-10	60 secs	Martin.S	Improve lactic and aerobic threshold. Practise running off road.
6	02/05/2022	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Gary.M	Sustained effort, improve pace and stamina
7	09/05/2022	400 Intervals	8-12	45 secs	Rory.H	Improve aerobic conditioning and running economy.
8	16/05/2022	King George Playing Field - Tear & Share	30 mins	75 secs	Steve.T	Improve ability to run at pace for longer. Simulate a race. Run in opposite direction pairs
9	23/05/2022	200 Intervals	14-20	30 secs	Gary.M	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
10	30/05/2022	600 Intervals - Creech Woods	6-10	60 secs	Paul.W	Improve lactic and aerobic threshold. Practise running off road.
11	06/06/2022	800+400+200+200	2-4	75/45/25 + 60 secs after set	Rory.H	Practise conserving resources and improve pace and strength.
12	13/06/2022	Tempo Run - King George Playing Field	6 / 6 / 6 or 10 / 10 / 10	1 & 3	Martin.S	Improve ability to run at pace for longer
13	20/06/2022	400 Intervals	8-14	45 secs	Kirsty.A	Improve aerobic conditioning and running economy.
14	27/06/2022	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Gary.M	Sustained effort, improve pace and stamina
15	04/07/2022	200 Intervals	14-20	30 secs	Angela.A	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
16	11/07/2022	800 Intervals	4-8	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practise pacing.
17	18/07/2022	600 Intervals - Creech Woods	6-10	60 secs	Martin.S	Improve lactic and aerobic threshold. Practise running off road.
18	25/07/2022	200 Intervals	14-20	30 secs	Gary.M	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
19	01/08/2022	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set	Rory.H	Practise conserving resources and improve pace and strength.
20	08/08/2022	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Martin.S	Sustained effort, improve pace and stamina
21	15/08/2022	800+400+200+200	2-4	75/45/25 + 60 secs after set	Angela.A	Practise conserving resources and improve pace and strength.
22	22/08/2022	200 Intervals	14-20	30 secs	Paul.W	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
23	29/08/2022	400 Intervals	8-14	45 secs	Kirsty.A	Improve aerobic conditioning and running economy.
24	05/09/2022	800 Intervals	4-8	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practise pacing.