

Denmead Striders Summer Schedule - 2024

Welcome to the 2024 summer schedule with the Denmead Striders. Both the sessions will start at Kidmore Lane car park in Denmead, unless otherwise stated. **The start time of the Monday session will be 18.30, the main club night session on Wednesday will start at 19.00.**

The sessions will be a mixture of speed work, hills and sustained running. The objective of the 2024 summer schedule is to improve overall fitness enabling club members to maintain speed over distance.

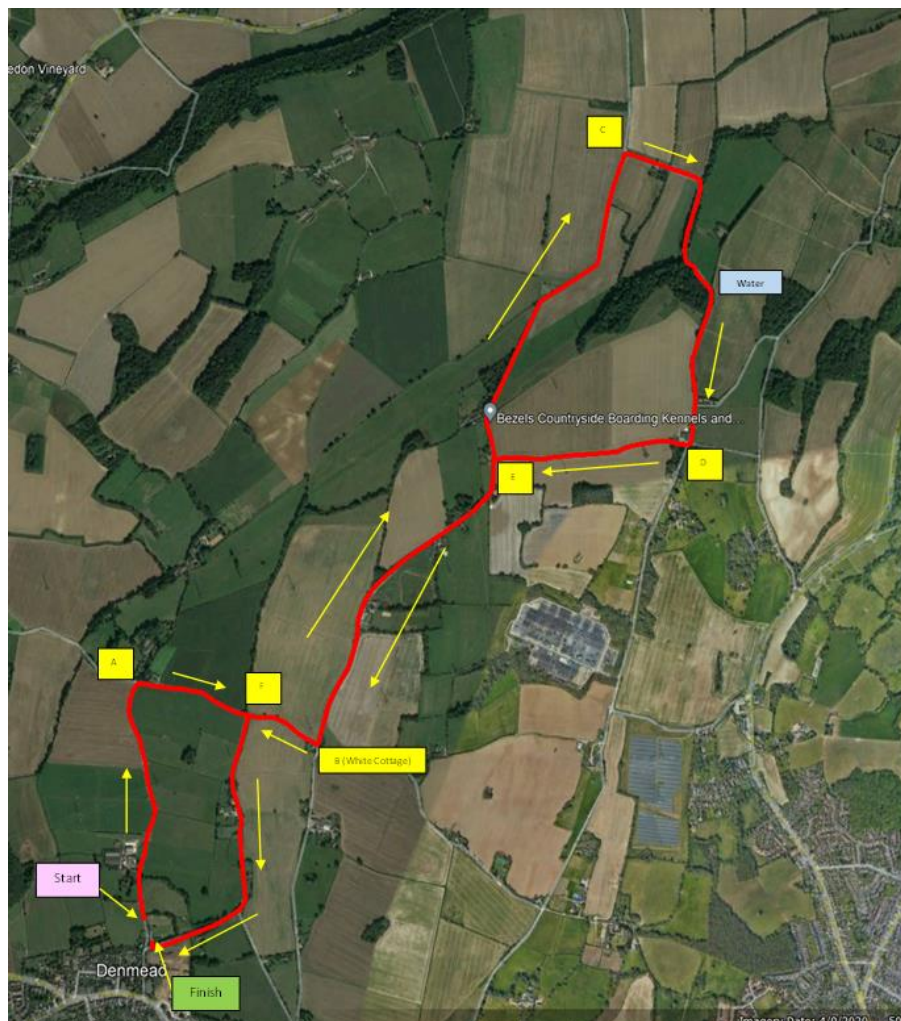
During the summer we aim to train over a variety of surfaces on road, grass and woodland trails. **If you are susceptible to insect bites remember to apply insect repellent beforehand. Whilst we do train in the evening, at the height of summer the sun can still be very intense, please keep your sun tan lotion topped up to ensure maximum skin protection.**

The first handicap race of the season will be a 'naked' scratch race. Don't worry you don't have to strip off your clothing before running, you just cannot wear a watch or any digital device which may help you with timing and pacing. On the evening each member will give their predicted time for the 5.4K route, the winner being the one closest to their predicted time. This time will then be used to calculate your handicap. It will not be a problem if you cannot make this first race, at the next handicap race just give your predicted time and the coach will slot you into a suitable starting time.

This year the schedule **will not include** the PJC Summer Cross Country, members can enter this race of their own choice. This is so members who do not want to take part in the event or missed the entry have an official club session to participate in. Also, the club now has a 10K sustained run in the summer schedule which should suffice for a longer continuous run.

Due to an increase in numbers the hill session was getting a bit crowded, even with splitting into three groups. I have decided to change it to a hills and flats session whereby we all train as one group around the Pit Hill circuit. Details are described further below.

The 2024 schedule also includes a 10K endurance session on 5th June, this will be run on the Denmead 10K route – shown below.



10K Sustained Run Route Details

The start is located along Kidmore Lane, just past the Scout Hut.

Follow Kidmore Lane approx. 800m until you reach Point 'A' where you will turn right.

Follow this road for approx 800m until you reach Point 'B' where you will turn left at the 'White Cottage' and head along Old Mill Lane where you will take a downhill section at Bezels Kennels.

After Bezels Kennels at approx 1200m you will reach Point 'C' where you will turn right and follow a short descent before climbing uphill. Upon reaching the summit there will be a water station with Julia Revill.

After passing the water station, follow the road until you reach Point 'D' where you will turn right and follow the road for approx 800m where you will reach Point 'E' and turn left.

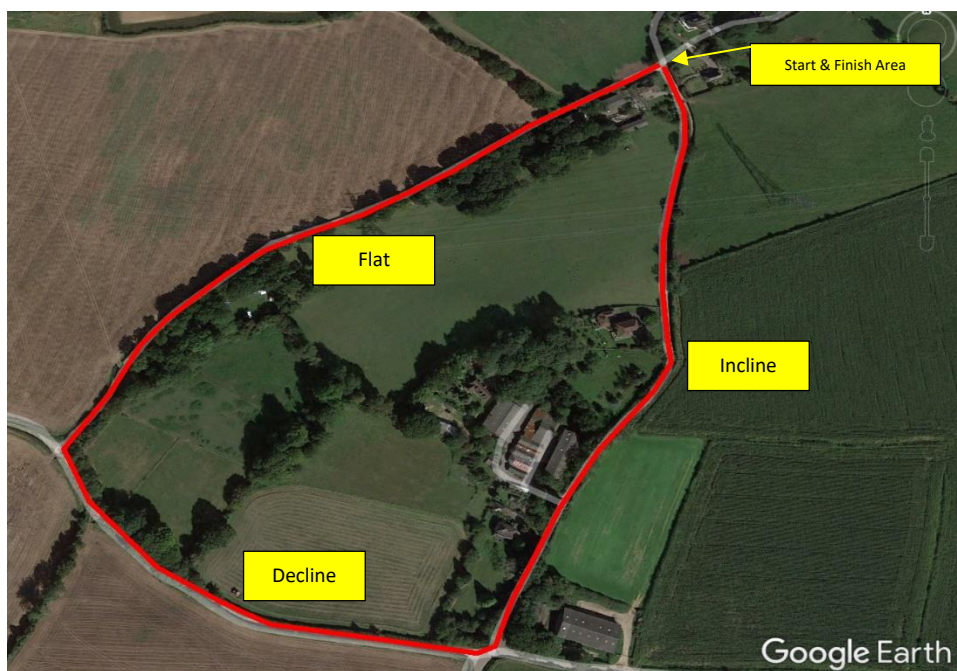
Follow the road back to Point 'B' where you will turn right. Follow the road for approx. 250m and turn left at Point 'F' and follow the road all the way to the finish.

Have a good run everyone and stay safe.

We cannot all run as fast as Mo Farah, but we can train like him and the session on 24/07/24 will allow members to do that by copying a Mo Farah interval training session. How will your times compare?

Mo Farah	Time	Distance	Time
1Mile	00:03:55	1Mile	
1200	00:02:57	1200	
1000	00:02:27	1000	
800	00:01:57	800	
600	00:01:20	600	
400	00:00:50	400	
200	00:00:25	200	

This summer schedule sees the continuation of the two new sessions introduced in 2023, the first of which is a variation on the hill session. The idea behind the session is to simulate race terrain conditions along with improving speed and endurance. The session will be run on the Pit Hill Loop and will be a mixture of inclines, declines and flats.



The second session is a competitive session, where you partner up with someone of the same running ability and start at the same point. The idea being you run in opposite directions and the aim is to get back before your partner. The route uses the perimeter of the playing field and is approximately 500m.



General Advice

Your body needs to train in order to become accustomed to the faster pace of speed work. Listen carefully to the coaches, run at the pace directed and take the full recovery specified. During the interval, even on warm summer evenings it is important to keep moving to prevent muscles getting cold and causing injury.

During the warmer weather, it is essential to stay hydrated so you can train at your best, it is better to drink little and often during the day so you are well hydrated. It is also a good idea to bring some water along to the session so you can 'top up' during the interval.

As the weather can be changeable it is a good idea to bring along a lightweight long sleeve top as we can cool down very quickly after a session, especially at the start and end of the summer schedule. Also, as we approach the end of the summer schedule a reflective or light-coloured top will be required.

Please be aware if weather conditions become too severe, some of the sessions may be adapted or changed completely to suit the conditions. In extreme cases the coach may decide to cancel the session completely as it is deemed too unsafe to run.

Finally, we hope you enjoy the summer schedule this year and we look forward to receiving any feedback you may have.