

Denmead Striders Summer Schedule Monday 2024

Denmead Striders Summer Schedule Wednesday 2024

Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim	Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
1	01/04/2024	800 Intervals	3-6	75 secs	Gary.M	Improve ability to run at a good sustained pace. Practice pacing.	1	03/04/2024	Fartlek - 2F/2S	24 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.
2	08/04/2024	400 Intervals	8-12	45 secs	Steve.T	Improve aerobic conditioning and running economy.	2	10/04/2024	Handicap #1 Scratch Race	5.4K		Julia.R	Obtain a benchmark time to monitor progress through the summer.
3	15/04/2024	200 Intervals	12-16	30 secs	Gemma.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	3	17/04/2024	600*30 mins		60 secs	Paul.W	Improve lactic and aerobic threshold. Run as many repetitions within the allotted time.
4	22/04/2024	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs	Angela.A	Practice conserving resources and improve pace and strength.	4	24/04/2024	400 Intervals	12-16	45 secs	Steve.T	Improve aerobic conditioning and running economy.
5	29/04/2024	600 Intervals - Creech Woods	6-10	60 secs	Martin.S	Improve lactic and aerobic threshold. Practice running off road.	5	01/05/2024	800 Intervals	6-8	75 secs	Kirsty.A	Improve ability to run at a good sustained pace. Practice pacing.
6	06/05/2024	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Rory.H	Sustained effort, improve pace and stamina	6	08/05/2024	Hills and Flats	(3/3/3) *40 mins	2mins	Gary.M	Speed and strength endurance. Race terrain simulation
7	13/05/2024	400 Intervals	8-12	45 secs	Kirsty.A	Improve aerobic conditioning and running economy.	7	15/05/2024	200 Intervals	12-16	30 secs	Angela.A	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
8	20/05/2024	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	8	22/05/2024	Handicap #2	5.4K		Julia.R	Use to monitor progress and race practice
9	27/05/2024	200 Intervals	14-20	30 secs	Paul.W	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	9	29/05/2024	6 / 6 / 6 Tempo 10 / 10 / 10 Tempo	1 set	1 & 3	Martin.S	Improve ability to run at pace for longer
10	03/06/2024	600 Intervals - Creech Woods	6-10	60 secs	Gary.M	Improve lactic and aerobic threshold. Practice running off road.	10	05/06/2024	Sustained Run Denmead 10K	6.2M		All Available Coaches	Race practice, pace judgement, accounting for temperature, sustained effort up and down hill.
11	10/06/2024	800+400+200+200	2-4	75/45/25 + 60 secs after	Steve.T	Practice conserving resources and improve pace and strength.	11	12/06/2024	1 Mile Intervals	2-3	120 secs	Rory.H	Speed and strength endurance
12	17/06/2024	Tempo Run - King George Playing Field	6 / 6 / 6 or 10 / 10 / 10	1 & 3	Gemma.H	Improve ability to run at pace for longer	12	19/06/2024	Hills and Flats	(3/3/3) *40 mins	2mins	Gary.M	Speed and strength endurance. Race terrain simulation
13	24/06/2024	400 Intervals	8-14	45 secs	Angela.A	Improve aerobic conditioning and running economy.	13	26/06/2024	6 / 6 / 6 Tempo 10 / 10 / 10 Tempo	1 set	1 & 3	Steve.T	Improve ability to run at pace for longer
14	01/07/2024	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Kirsty.A	Sustained effort, improve pace and stamina	14	03/07/2024	Ladders - 1,2,3,4,5,4,3,2,1		Half Preceding	Angela.A	Improve all round conditioning and lactic areobic threshold.
15	08/07/2024	200 Intervals	14-20	30 secs	Martin.S	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	15	10/07/2024	Handicap #3	5.4K		Julia.R	Use to monitor progress and race practice
16	15/07/2024	800 Intervals	4-8	75 secs	Paul.W	Improve ability to run at a good sustained pace. Practice pacing.	16	17/07/2024	200 Intervals	12-16	30 secs	Martin.S	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
17	22/07/2024	600 Intervals - Creech Woods	6-10	60 secs	Rory.H	Improve lactic and aerobic threshold. Practice running off road.	17	24/07/2024	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina
18	29/07/2024	200 Intervals	14-20	30 secs	Angela.A	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	18	31/07/2024	600*30 mins		60 secs	Rory.H	Improve lactic and aerobic threshold. Run as many repetitions within the allotted time.
19	05/08/2024	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs	Gemma.H	Practice conserving resources and improve pace and strength.	19	07/08/2024	Handicap #4	5.4K		Julia.R	Use to monitor progress and race practice
20	12/08/2024	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Gary.M	Sustained effort, improve pace and stamina	20	14/08/2024	1 Mile Intervals	2-3	120 secs	Martin.S	Speed and strength endurance
21	19/08/2024	800+400+200+200	2-4	75/45/25 + 60 secs after	Kirsty.A	Practice conserving resources and improve pace and strength.	21	21/08/2024	Hills and Flats	(3/3/3) *40 mins	2mins	Kirsty.A	Speed and strength endurance. Race terrain simulation
22	26/08/2024	200 Intervals	14-20	30 secs	Rory.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	22	28/08/2024	Handicap #5	5.4K		Julia.R	Use to monitor progress and race practice
23	02/09/2024	400 Intervals	8-14	45 secs	Martin.S	Improve aerobic conditioning and running economy.	23	04/09/2024	200 Intervals	12-16	30 secs	Angela.A	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
24	09/09/2024	800 Intervals	4-8	75 secs	Paul.W	Improve ability to run at a good sustained pace. Practice pacing.	24	11/09/2024	Fartlek - 2F/2S	24 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.