

Denmead Striders Summer Schedule Monday 2024

Week	Monday	Session 18.30 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.
2	08/04/2024	400 Intervals	8-12	45 secs	Steve.T	Improve aerobic conditioning and running economy.
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.
4	22/04/2024	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set	Angela.A	Practice conserving resources and improve pace and strength.
5	29/04/2024	600 Intervals - Creech Woods	6-10	60 secs	Martin.S	Improve lactic and aerobic threshold. Practice running off road.
6	06/05/2024	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Rory.H	Sustained effort, improve pace and stamina
7	13/05/2024	400 Intervals	8-12	45 secs	Kirsty.A	Improve aerobic conditioning and running economy.
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
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.
10	03/06/2024	600 Intervals - Creech Woods	6-10	60 secs	Gary.M	Improve lactic and aerobic threshold. Practice running off road.
11	10/06/2024	800+400+200+200	2-4	75/45/25 + 60 secs after set	Steve.T	Practice conserving resources and improve pace and strength.
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
13	24/06/2024	400 Intervals	8-14	45 secs	Angela.A	Improve aerobic conditioning and running economy.
14	01/07/2024	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Kirsty.A	Sustained effort, improve pace and stamina
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.
16	15/07/2024	800 Intervals	4-8	75 secs	Paul.W	Improve ability to run at a good sustained pace. Practice pacing.
17	22/07/2024	600 Intervals - Creech Woods	6-10	60 secs	Rory.H	Improve lactic and aerobic threshold. Practice running off road.
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.
19	05/08/2024	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set	Gemma.H	Practice conserving resources and improve pace and strength.
20	12/08/2024	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Gary.M	Sustained effort, improve pace and stamina
21	19/08/2024	800+400+200+200	2-4	75/45/25 + 60 secs after set	Kirsty.A	Practice conserving resources and improve pace and strength.
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.
23	02/09/2024	400 Intervals	8-14	45 secs	Martin.S	Improve aerobic conditioning and running economy.
24	09/09/2024	800 Intervals	4-8	75 secs	Paul.W	Improve ability to run at a good sustained pace. Practice pacing.