

**Denmead Striders Summer Schedule Wednesday 2024**

Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
1	03/04/2024	Fartlek - 2F/2S	24 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.
2	10/04/2024	Handicap #1 Scratch Race	5.4K		Julia.R	Obtain a benchmark time to monitor progress through the summer.
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	24/04/2024	400 Intervals	12-16	45 secs	Steve.T	Improve aerobic conditioning and running economy.
5	01/05/2024	800 Intervals	6-8	75 secs	Kirsty.A	Improve ability to run at a good sustained pace. Practice pacing.
6	08/05/2024	Hills and Flats	(3/3/3) *40 mins	2mins	Gary.M	Speed and strength endurance. Race terrain simulation
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	22/05/2024	Handicap #2	5.4K		Julia.R	Use to monitor progress and race practice
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	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	12/06/2024	1 Mile Intervals	2-3	120 secs	Rory.H	Speed and strength endurance
12	19/06/2024	Hills and Flats	(3/3/3) *40 mins	2mins	Gary.M	Speed and strength endurance. Race terrain simulation
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	03/07/2024	Ladders - 1,2,3,4,5,4,3,2,1		Half Preceding	Angela.A	Improve all round conditioning and lactic aerobic threshold.
15	10/07/2024	Handicap #3	5.4K		Julia.R	Use to monitor progress and race practice
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	24/07/2024	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina
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	07/08/2024	Handicap #4	5.4K		Julia.R	Use to monitor progress and race practice
20	14/08/2024	1 Mile Intervals	2-3	120 secs	Martin.S	Speed and strength endurance
21	21/08/2024	Hills and Flats	(3/3/3) *40 mins	2mins	Kirsty.A	Speed and strength endurance. Race terrain simulation
22	28/08/2024	Handicap #5	5.4K		Julia.R	Use to monitor progress and race practice
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	11/09/2024	Fartlek - 2F/2S	24 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.