

Denmead Striders Summer Schedule - 2025

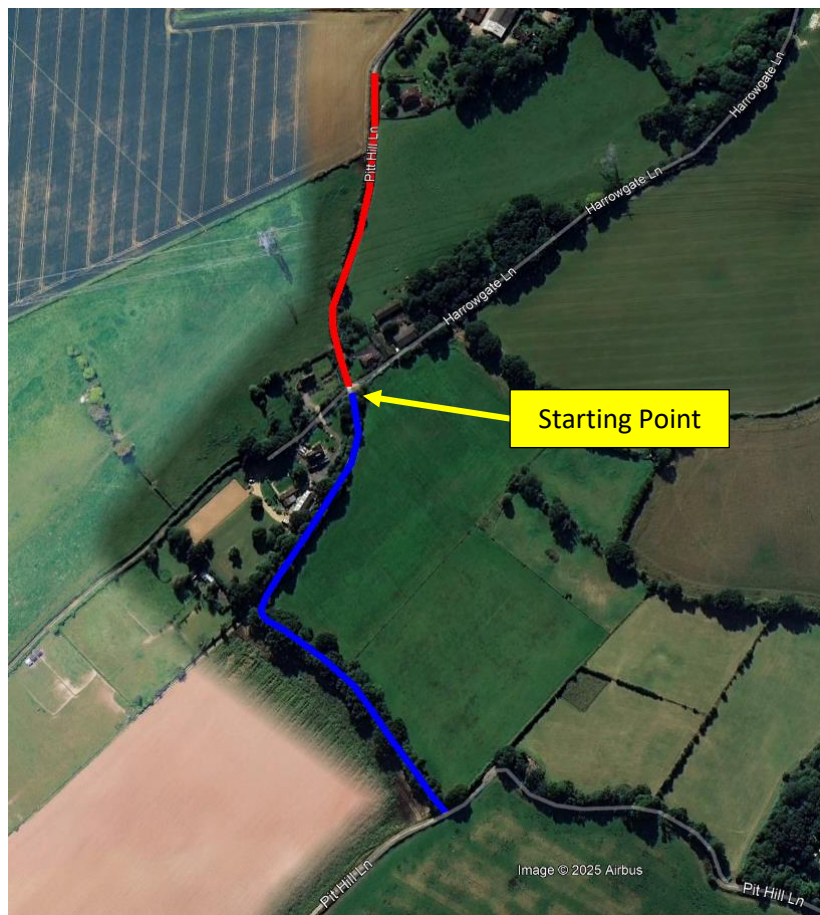
Welcome to the 2025 summer schedule with the Denmead Striders. Both the sessions will start at Kidmore Lane car park in Denmead, unless otherwise stated. **The start time of the Monday session will be 18.30, the main club night session on Wednesday will start at 19.00.**

The sessions will be a mixture of speed work, hills and sustained running. The objective of the 2025 summer schedule is to improve overall fitness enabling club members to maintain speed over distance.

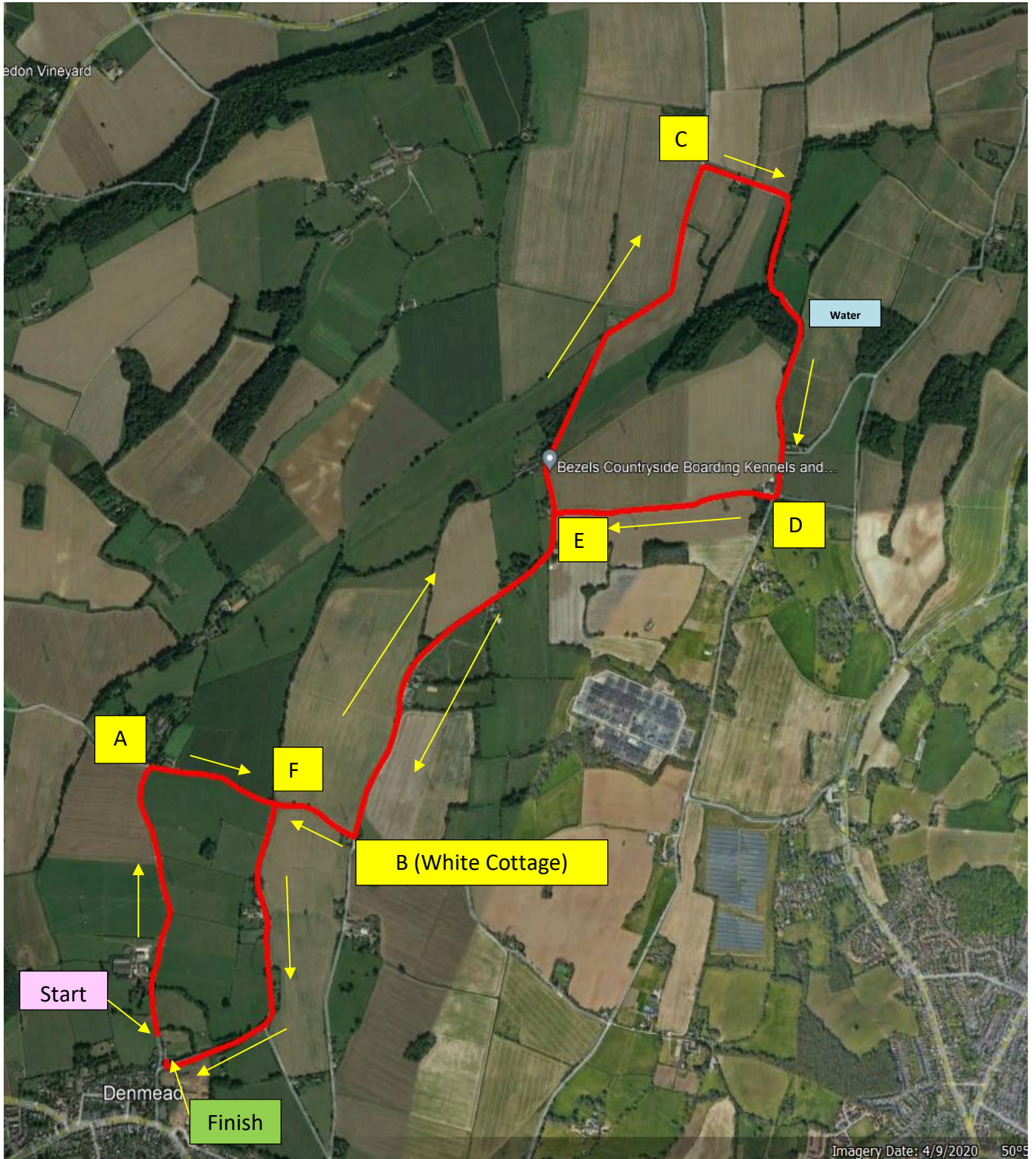
During the summer we aim to train over a variety of surfaces on road and grass. **If you are susceptible to insect bites remember to apply insect repellent beforehand. Whilst we do train in the evening, at the height of summer the sun can still be very intense, please keep your sun tan lotion topped 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 summer sees the return of the hill session at Pit Hill. The hills will be split into two to cater for the groups. Pit Hill is approximately one mile from the car park and we will use this as a warm up run. Some members may wish to leave a little earlier to get to the hill.



The 2025 schedule also includes a 10K endurance session on 4th 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.

New Summer Venue.

This year the Club will be trialling a new venue for the 200M intervals at the Horndean Technical College grass track. This will be a safer option to consider after the trial as the lanes could not cope with the shorter session, especially when traffic became an issue.

Advantages

- Safe area to train with no traffic. Especially as 200M intervals causes bunching around the start/finish areas.
- No risk of bunching or clashes. The groups could be split across lanes or run in opposite directions.
- Parking facilities.



Horndean Technical College.
Barton Cross,
Horndean,
PO8 9PQ.

Tear and Share competitive session, is 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.