

Denmead Striders Summer Schedule Monday 2025

Denmead Striders Summer Schedule Wednesday 2025

Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim	Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
1	31/03/2025	800 Intervals	3-6	75 secs	Gary.M	Improve ability to run at a good sustained pace. Practice pacing.	1	02/04/2025	Fartlek - 2S/2F	32 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.
2	07/04/2025	400 Intervals	8-12	45 secs	Steve.T	Improve aerobic conditioning and running economy.	2	09/04/2025	Handicap #1 Scratch Race	5.4K		Julia.R	Obtain a benchmark time to monitor progress through the summer.
3	14/04/2025	200 Intervals	12-16	30 secs	Gemma.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	3	16/04/2025	600*30 mins		60 secs	Paul.W	Improve lactic and aerobic threshold. Run as many repetitions within the allotted time.
4	21/04/2025	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs	Angela.A	Practice conserving resources and improve pace and strength.	4	23/04/2025	400 Intervals	12-16	45 secs	Steve.T	Improve aerobic conditioning and running economy.
5	28/04/2025	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Martin.S	Sustained effort, improve pace and stamina	5	30/04/2025	Ups & Downs Continuous Session 1.7 or 3.4 miles - Handicap Short Cct	1-2	Active	Kirsty.A	Stamina
6	05/05/2025	600 Intervals	6-10	60 secs	Gary.M	Improve lactic and aerobic threshold.	6	07/05/2025	Hills	7/8/9	Down	Gary.M Paul.W	Build strength and stamina. Give confidence to attack the uphill during a race.
7	12/05/2025	400 Intervals	8-12	45 secs	Gemma.H	Improve aerobic conditioning and running economy.	7	14/05/2025	800 Intervals	6-8	75 secs	Angela.A	Improve ability to run at a good sustained pace. Practice pacing.
8	19/05/2025	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	21/05/2025	Handicap #2	5.4K		Julia.R	Use to monitor progress and race practice
9	26/05/2025	200 Intervals	14-20	30 secs	Kirsty.A	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	9	28/05/2025	200 Horndean Campus - Trial Run	16-24	30 secs	Gary.M	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
10	02/06/2025	600*30 mins		60 secs	Gary.M	Improve lactic and aerobic threshold. Run as many repetitions within the allotted time.	10	04/06/2025	Sustained Run Denmead 10K	6.2M		All Available Coaches	Race practice, pace judgement, accounting for temperature, sustained effort up and down hill.
11	09/06/2025	800+400+200+200	2-4	75/45/25 + 60 secs after	Angela.A	Practice conserving resources and improve pace and strength.	11	11/06/2025	800+400+200+200	2-4	75/45/25 + 60 secs after	Martin.s	Practice conserving resources and improve pace and strength.
12	16/06/2025	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	18/06/2025	Hills	7/8/9	Down	Rory.H Kirsty.A	Build strength and stamina. Give confidence to attack the uphill during a race.
13	23/06/2025	400 Intervals	8-14	45 secs	Steve.T	Improve aerobic conditioning and running economy.	13	25/06/2025	400 Intervals	12-16	45 secs	Angela.A	Improve aerobic conditioning and running economy.
14	30/06/2025	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Kirsty.A	Sustained effort, improve pace and stamina	14	02/07/2025	Ladders - 1,2,3,4,5,4,3,2,1		Half Preceding	Gary.M	Improve all round conditioning and lactic aerobic threshold.
15	07/07/2025	200 Intervals	14-20	30 secs	Martin.S	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	15	09/07/2025	Handicap #3	5.4K		Julia.R	Use to monitor progress and race practice
16	14/07/2025	800 Intervals	4-8	75 secs	Paul.W	Improve ability to run at a good sustained pace. Practice pacing.	16	16/07/2025	Ups & Downs Continuous Session 1.7 or 3.4 miles - Handicap Short Cct	1-2	Active	Martin.S	Stamina
17	21/07/2025	600 Intervals	6-10	60 secs	Rory.H	Improve lactic and aerobic threshold.	17	23/07/2025	200 Horndean Campus - Trial Run	16-24	30 secs	Gary.M	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
18	28/07/2025	200 Intervals	14-20	30 secs	Angela.A	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	18	30/07/2025	Hills	7/8/9	Down	Gary.M Paul.W	Build strength and stamina. Give confidence to attack the uphill during a race.
19	04/08/2025	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs	Gemma.H	Practice conserving resources and improve pace and strength.	19	06/08/2025	Handicap #4	5.4K		Julia.R	Use to monitor progress and race practice
20	11/08/2025	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Gary.M	Sustained effort, improve pace and stamina	20	13/08/2025	1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Rory.H	Speed and stamina
21	18/08/2025	800+400+200+200	2-4	75/45/25 + 60 secs after	Martin.S	Practice conserving resources and improve pace and strength.	21	20/08/2025	600*30 mins		60 secs	Paul.W	Improve lactic and aerobic threshold. Run as many repetitions within the allotted time.
22	25/08/2025	200 Intervals	14-20	30 secs	Rory.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	22	27/08/2025	Handicap #5	5.4K		Julia.R	Use to monitor progress and race practice
23	01/09/2025	400 Intervals	8-14	45 secs	Martin.S	Improve aerobic conditioning and running economy.	23	03/09/2025	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs	Kirsty.A	Practice conserving resources and improve pace and strength.
24	08/09/2025	800+400+400	2--4	75-45-75	Paul.W	Build aerobic and lactic thresholds. Increase pace on each repetition.	24	10/09/2025	Fartlek - 2S/2F	32 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.