

Denmead Striders Summer Schedule Monday 2025

Week	Monday	Session 18.30 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.
2	07/04/2025	400 Intervals	8-12	45 secs	Steve.T	Improve aerobic conditioning and running economy.
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.
4	21/04/2025	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	28/04/2025	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Martin.S	Sustained effort, improve pace and stamina
6	05/05/2025	600 Intervals	6-10	60 secs	Gary.M	Improve lactic and aerobic threshold.
7	12/05/2025	400 Intervals	8-12	45 secs	Gemma.H	Improve aerobic conditioning and running economy.
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
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.
10	02/06/2025	600*30 mins		60 secs	Gary.M	Improve lactic and aerobic threshold. Run as many repetitions within the allotted time.
11	09/06/2025	800+400+200+200	2-4	75/45/25 + 60 secs after set	Angela.A	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
13	23/06/2025	400 Intervals	8-14	45 secs	Steve.T	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
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.
16	14/07/2025	800 Intervals	4-8	75 secs	Paul.W	Improve ability to run at a good sustained pace. Practice pacing.
17	21/07/2025	600 Intervals	6-10	60 secs	Rory.H	Improve lactic and aerobic 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.
19	04/08/2025	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	11/08/2025	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Gary.M	Sustained effort, improve pace and stamina
21	18/08/2025	800+400+200+200	2-4	75/45/25 + 60 secs after set	Martin.S	Practice conserving resources and improve pace and strength.
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.
23	01/09/2025	400 Intervals	8-14	45 secs	Martin.S	Improve aerobic conditioning and running economy.
24	08/09/2025	800+400+400	2--4	75-45-75	Paul.W	Build aerobic and lactic thresholds. Increase pace on each repetition.