

Denmead Striders Summer Schedule Wednesday 2025

| Week | Wednesday | Session 19.00 Start | Number | Recovery | Coach | Session Aim |
|------|------------|---|----------|------------------------------------|-----------------------|---|
| 1 | 02/04/2025 | Fartlek - 2S/2F | 32 mins | 2 mins slow | Gary.M | Improve all round conditioning and practice change of pace. |
| 2 | 09/04/2025 | Handicap #1 Scratch Race | 5.4K | | Julia.R | Obtain a benchmark time to monitor progress through the summer. |
| 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 | 23/04/2025 | 400 Intervals | 12-16 | 45 secs | Steve.T | Improve aerobic conditioning and running economy. |
| 5 | 30/04/2025 | Ups & Downs Continuous Session 1.7 or 3.4 miles - Handicap Short Cct | 1-2 | Active | Kirsty.A | Stamina |
| 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 | 14/05/2025 | 800 Intervals | 6-8 | 75 secs | Angela.A | Improve ability to run at a good sustained pace. Practice pacing. |
| 8 | 21/05/2025 | Handicap #2 | 5.4K | | Julia.R | Use to monitor progress and race practice |
| 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 | 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 | 11/06/2025 | 800+400+200+200 | 2-4 | 75/45/25 + 60 secs after set | Martin.s | Practice conserving resources and improve pace and strength. |
| 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 | 25/06/2025 | 400 Intervals | 12-16 | 45 secs | Angela.A | Improve aerobic conditioning and running economy. |
| 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 | 09/07/2025 | Handicap #3 | 5.4K | | Julia.R | Use to monitor progress and race practice |
| 16 | 16/07/2025 | Ups & Downs Continuous Session 1.7 or 3.4 miles - Handicap Short Cct | 1-2 | Active | Martin.S | Stamina |
| 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 | 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 | 06/08/2025 | Handicap #4 | 5.4K | | Julia.R | Use to monitor progress and race practice |
| 20 | 13/08/2025 | 1600, 1200, 1000, 800, 600, 400, 200 | 1 Set | 90 secs | Rory.H | Speed and stamina |
| 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 | 27/08/2025 | Handicap #5 | 5.4K | | Julia.R | Use to monitor progress and race practice |
| 23 | 03/09/2025 | 1200+400+400+200+200 | 1-2 Sets | 90/60/60/30 secs +120 after set | Kirsty.A | Practice conserving resources and improve pace and strength. |
| 24 | 10/09/2025 | Fartlek - 2S/2F | 32 mins | 2 mins slow | Gary.M | Improve all round conditioning and practice change of pace. |