

Denmead Striders Summer Schedule Monday 2026

Denmead Striders Summer Schedule Wednesday 2026

Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim	Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
1	30/03/2026	800 Repetitions	3-6	75 secs	Gary.M	Improve ability to run at a good sustained pace. Practice pacing.	1	01/04/2026	Fartlek - 2S/2F	32 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.
2	06/04/2026	400 Repetitions	8-12	45 secs	Steve.T	Improve aerobic conditioning and running economy.	2	08/04/2026	600*30 mins		60 secs	Paul.W	Improve lactic and aerobic threshold. Run as many repetitions within the allotted time.
3	13/04/2026	200 Repetitions	12-16	30 secs	Gemma.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	3	15/04/2026	Handicap #1 Scratch Race	5.4K		Julia.R	Obtain a benchmark time to monitor progress through the summer.
4	20/04/2026	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.	4	22/04/2026	400 Repetitions	12-16	45 secs	Steve.T	Improve aerobic conditioning and running economy.
5	27/04/2026	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Martin.S	Sustained effort, improve pace and stamina	5	29/04/2026	Ups & Downs Continous Session 1.7 or 3.4 miles - Handicap Short Cct	1-2	Active	Angela.A	Stamina
6	04/05/2026	600 Repetitions	6-10	60 secs	Gary.M	Improve lactic and aerobic threshold.	6	06/05/2026	Hills	7/8/9	Down	Gary.M Paul.W	Build strength and stamina. Give confidence to attack the uphill during a race.
7	11/05/2026	400 Repetitions	8-12	45 secs	Gemma.H	Improve aerobic conditioning and running economy.	7	13/05/2026	800 Repetitions	6-8	75 secs	Angela.A	Improve ability to run at a good sustained pace. Practice pacing.
8	18/05/2026	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	20/05/2026	Handicap #2	5.4K		Julia.R	Use to monitor progress and race practice
9	25/05/2026	800+400+200+200	2-4	75/45/25 + 60 secs after	Angela.A	Practice conserving resources and improve pace and strength.	9	27/05/2026	200 Horndean Campus	16-24	30 secs	Ollie.C	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
10	01/06/2026	400 Repetitions	8-14	45 secs	Steve.T	Improve aerobic conditioning and running economy.	10	03/06/2026	Sustained Run Denmead 10K	6.2M		All Available Coaches	Race practice, pace judgement, accounting for temperature, sustained effort up and down hill.
11	08/06/2026	200 Repetitions	14-20	30 secs	Gary.M	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	11	10/06/2026	800+400+200+200 Horndean Campus	2-4	75/45/25 + 60 secs after	Martin.s	Practice conserving resources and improve pace and strength.
12	15/06/2026	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	17/06/2026	Hills	7/8/9	Down	Rory.H Kirsty.A	Build strength and stamina. Give confidence to attack the uphill during a race.
13	22/06/2026	600*30 mins		60 secs	Gary.M	Improve lactic and aerobic threshold. Run as many repetitions within the allotted time.	13	24/06/2026	400 Horndean Campus	12-16	45 secs	Ollie.C	Improve aerobic conditioning and running economy.
14	29/06/2026	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Kirsty.A	Sustained effort, improve pace and stamina	14	01/07/2026	Ladders - 1,2,3,4,5,4,3,2,1		Half Preceding	Gary.M	Improve all round conditioning and lactic aerobic threshold.
15	06/07/2026	200 Repetitions	14-20	30 secs	Martin.S	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	15	08/07/2026	Handicap #3	5.4K		Julia.R	Use to monitor progress and race practice
16	13/07/2026	800 Repetitions	4-8	75 secs	Paul.W	Improve ability to run at a good sustained pace. Practice pacing.	16	15/07/2026	2 Mile Repetitions	1-2	6 mins	Martin.S	Stamina and Endurance
17	20/07/2026	600 Repetitions	6-10	60 secs	Rory.H	Improve lactic and aerobic threshold.	17	22/07/2026	200 Horndean Campus	16-24	30 secs	Gary.M	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
18	27/07/2026	200 Repetitions	14-20	30 secs	Angela.A	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	18	29/07/2026	Hills	7/8/9	Down	Gary.M Paul.W	Build strength and stamina. Give confidence to attack the uphill during a race.
19	03/08/2026	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set	Ollie.C	Practice conserving resources and improve pace and strength.	19	05/08/2026	Handicap #4	5.4K		Julia.R	Use to monitor progress and race practice
20	10/08/2026	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Kirsty.A	Sustained effort, improve pace and stamina	20	12/08/2026	1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Rory.H	Speed and stamina
21	17/08/2026	800+400+200+200	2-4	75/45/25 + 60 secs after	Ollie.C	Practice conserving resources and improve pace and strength.	21	19/08/2026	600*30 mins		60 secs	Paul.W	Improve lactic and aerobic threshold. Run as many repetitions within the allotted time.
22	24/08/2026	200 Repetitions	14-20	30 secs	Rory.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	22	26/08/2026	Handicap #5	5.4K		Julia.R	Use to monitor progress and race practice
23	31/08/2026	400 Repetitions	8-14	45 secs	Martin.S	Improve aerobic conditioning and running economy.	23	02/09/2026	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	07/09/2026	800+400+400	2-4	75-45-75	Paul.W	Build aerobic and lactic thresholds. Increase pace on each repetition.	24	09/09/2026	Fartlek - 2S/2F	32 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.