

Denmead Striders Summer Schedule Wednesday 2026

Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
1	01/04/2026	Fartlek - 2S/2F	32 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.
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	15/04/2026	Handicap #1 Scratch Race	5.4K		Julia.R	Obtain a benchmark time to monitor progress through the summer.
4	22/04/2026	400 Repetitions	12-16	45 secs	Steve.T	Improve aerobic conditioning and running economy.
5	29/04/2026	Ups & Downs Continuous Session 1.7 or 3.4 miles - Handicap Short Cct	1-2	Active	Gary.M	Stamina
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	13/05/2026	800 Repetitions	6-8	75 secs	Angela.A	Improve ability to run at a good sustained pace. Practice pacing.
8	20/05/2026	Handicap #2	5.4K		Julia.R	Use to monitor progress and race practice
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	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	10/06/2026	800+400+200+200 Horndean Campus	2-4	75/45/25 + 60 secs after set	Martin.s	Practice conserving resources and improve pace and strength.
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	24/06/2026	400 Horndean Campus	12-16	45 secs	Ollie.C	Improve aerobic conditioning and running economy.
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	08/07/2026	Handicap #3	5.4K		Julia.R	Use to monitor progress and race practice
16	15/07/2026	2 Mile Repetitions	1-2	6 mins	Martin.S	Stamina and Endurance
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	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	05/08/2026	Handicap #4	5.4K		Julia.R	Use to monitor progress and race practice
20	12/08/2026	1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Rory.H	Speed and stamina
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	26/08/2026	Handicap #5	5.4K		Julia.R	Use to monitor progress and race practice
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	09/09/2026	Fartlek - 2S/2F	32 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.