

Denmead Striders Summer Schedule 2018

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Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim	Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
1	02/04/2018	800 Intervals	4-6	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practice pacing.	1	04/04/2018	Fartlek - 2F/2S	22-24 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.
2	09/04/2018	400 Intervals	12-16	45 secs	Kirsty.B	Improve aerobic conditioning and running economy.	2	11/04/2018	Handicap #1 Scratch Race	5.4K		Julia.R	Obtain a benchmark time to monitor progress through the summer.
3	16/04/2018	200 Intervals	16-20	30 secs	Paul.W	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	3	18/04/2018	400 Intervals	12-16	45 secs	Martin.S	Improve aerobic conditioning and running economy.
4	23/04/2018	Timed Fartlek 1,2,3,3,2,1	2 sets	1,2,3,3,2,1	Angela.A	Improve all round conditioning and practice change of pace.	4	25/04/2018	800 Intervals	6-8	75 secs	Rory.H	Improve ability to run at a good sustained pace. Practice pacing.
5	30/04/2018	600 Intervals - Creech Woods	6-10	60 secs	Martin.S	Improve lactic and aerobic threshold. Practice running off road.	5	02/05/2018	Hills	7/8/9	Down	Peter.M	Build strength and stamina. Give confidence to attack the uphill during a race.
6	07/05/2018	Incline Session 5 Down / 5 Up	5+5	Down	Gary.M	Sustained effort, improve pace and stamina	6	09/05/2018	600 Intervals - Creech Woods	30mins	60 secs	Steve.T	Improve lactic and aerobic threshold. Practice running off road.
7	14/05/2018	400 Intervals	12-16	45 secs	Rory.H	Improve aerobic conditioning and running economy.	7	16/05/2018	1200 Intervals	4-6	90 secs	Paul.W	Practice conserving resources and improve pace and strength.
8	21/05/2018	Catch The Train - File Run	30 Mins		Peter.M	Surge and recover	8	23/05/2018	Handicap #2	5.4K		Julia.R	Use to monitor progress and race practice
9	28/05/2018	1 Mile Intervals	3-5	120 secs	Steve.T	Speed and strength endurance	9	30/05/2018	400 Intervals - Creech Woods	12-16	45 secs	Kirsty.B	Improve aerobic conditioning and running economy. Practice off road running.
10	04/06/2018	600 Intervals - Creech Woods	6-10	60 secs	Paul.W	Improve lactic and aerobic threshold. Practice running off road.	10	06/06/2018	Sustained Run Denmead 10K	6.2M		All Coaches	Pace judgement, accounting for temperature, sustained effort up and down hill.
11	11/06/2018	800+400+200+200	1-3 sets	75/45/25 + 60 secs after set	Rory.H	Improve finishing kick.	11	13/06/2018	Hills	10/11/12	Down	Gary.M	Build strength and stamina. Give confidence to attack the uphill during a race.
12	18/06/2018	Fartlek - Field Sides	24-30 mins	Non-Sides	Martin.S	Improve all round conditioning and practice change of pace.	12	20/06/2018	Ladders - 1,2,3,4,5,4,3,2,1		Half Preceding	Martin.S	Improve all round conditioning and lactic areobic threshold.
13	25/06/2018	400 Intervals	16-20	45 secs	Kirsty.B	Improve aerobic conditioning and running economy.	13	27/06/2018	PJC - Summer XC Queen Elizabeth Country Park 19:15	5M		PJC	Sustained effort ** No session at Kidmore Lane**
14	02/07/2018	Incline Session 5 Down / 5 Up	5+5	Down	Angela.A	Sustained effort, improve pace and stamina	14	04/07/2018	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina
15	09/07/2018	1 Mile Intervals	3-5	120 secs	Gary.M	Speed and strength endurance	15	11/07/2018	Handicap #3	5.4K		Julia.R	Use to monitor progress and race practice
16	16/07/2018	800 Intervals	6-8	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practice pacing.	16	18/07/2018	800 Intervals - Creech Woods	6-8	75 secs	Rory.H	Improve ability to run at a good sustained pace. Practice pacing and off road running
17	23/07/2018	400 Intervals	16-20	45 secs	Paul.W	Improve aerobic conditioning and running economy.	17	25/07/2018	Handicap #4	5.4K		Julia.R	Use to monitor progress and race practice
18	30/07/2018	200 Intervals	20-24	30 secs	Julia.R	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	18	01/08/2018	1200 Intervals	4-6	90 secs	Steve.T	Practice conserving resources and improve pace and strength.
19	06/08/2018	Fartlek - Field Sides	24-30 mins	Non-Sides	Rory.H	Improve all round conditioning and practice change of pace.	19	08/08/2018	400+200+200	3-5	45/25 + 60 secs after set	Angela.A	Improve aerobic and lactic threshold.
20	13/08/2018	800+400+200+200	1-3 sets	75/45/25 + 60 secs after set	Martin.S	Improve finishing kick.	20	15/08/2018	Handicap #5	5.4K		Julia.R	Use to monitor progress and race practice
21	20/08/2018	Incline Session 5 Down / 5 Up	5+5	Down	Angela.A	Sustained effort, improve pace and stamina	21	22/08/2018	6 / 6 / 6 Tempo 10 / 10 / 10 Tempo	1 set	1 & 3	Rory.H	Improve ability to run at pace for longer
22	27/08/2018	200 Intervals	20-24	30 secs	Gary.M	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	22	29/08/2018	Hills	7/8/9	Down	Peter.M	Build strength and stamina. Give confidence to attack the uphill during a race.
23	03/09/2018	400 Intervals	16-20	45 secs	Steve.T	Improve aerobic conditioning and running economy.	23	05/09/2018	400+200+200	3-5	45/25 + 60 secs after set	Kirsty.B	Improve aerobic and lactic threshold.
24	10/09/2018	800 Intervals	6-8	75 secs	Kirsty.B	Improve ability to run at a good sustained pace. Practice pacing.	24	12/09/2018	Fartlek - 2F/2S	22-24 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.