

Denmead Striders Summer Schedule 2018

Week	Monday	Session 18.30 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.
2	09/04/2018	400 Intervals	12-16	45 secs	Kirsty.B	Improve aerobic conditioning and running economy.
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.
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.
5	30/04/2018	600 Intervals - Creech Woods	6-10	60 secs	Martin.S	Improve lactic and aerobic threshold. Practice running off road.
6	07/05/2018	Incline Session 5 Down / 5 Up	5+5	Down	Gary.M	Sustained effort, improve pace and stamina
7	14/05/2018	400 Intervals	12-16	45 secs	Rory.H	Improve aerobic conditioning and running economy.
8	21/05/2018	Catch The Train - File Run	30 Mins		Peter.M	Surge and recover
9	28/05/2018	1 Mile Intervals	3-5	120 secs	Steve.T	Speed and strength endurance
10	04/06/2018	600 Intervals - Creech Woods	6-10	60 secs	Paul.W	Improve lactic and aerobic threshold. Practice running off road.
11	11/06/2018	800+400+200+200	1-3 sets	75/45/25 + 60 secs after set	Rory.H	Improve finishing kick.
12	18/06/2018	Fartlek - Field Sides	24-30 mins	Non-Sides	Martin.S	Improve all round conditioning and practice change of pace.
13	25/06/2018	400 Intervals	16-20	45 secs	Kirsty.B	Improve aerobic conditioning and running economy.
14	02/07/2018	Incline Session 5 Down / 5 Up	5+5	Down	Angela.A	Sustained effort, improve pace and stamina
15	09/07/2018	1 Mile Intervals	3-5	120 secs	Gary.M	Speed and strength endurance
16	16/07/2018	800 Intervals	6-8	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practice pacing.
17	23/07/2018	400 Intervals	16-20	45 secs	Paul.W	Improve aerobic conditioning and running economy.
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.
19	06/08/2018	Fartlek - Field Sides	24-30 mins	Non-Sides	Rory.H	Improve all round conditioning and practice change of pace.
20	13/08/2018	800+400+200+200	1-3 sets	75/45/25 + 60 secs after set	Martin.S	Improve finishing kick.
21	20/08/2018	Incline Session 5 Down / 5 Up	5+5	Down	Angela.A	Sustained effort, improve pace and stamina
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.
23	03/09/2018	400 Intervals	16-20	45 secs	Steve.T	Improve aerobic conditioning and running economy.
24	10/09/2018	800 Intervals	6-8	75 secs	Kirsty.B	Improve ability to run at a good sustained pace. Practice pacing.