

Denmead Striders Summer Schedule 2018

Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
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	11/04/2018	Handicap #1 Scratch Race	5.4K		Julia.R	Obtain a benchmark time to monitor progress through the summer.
3	18/04/2018	400 Intervals	12-16	45 secs	Martin.S	Improve aerobic conditioning and running economy.
4	25/04/2018	800 Intervals	6-8	75 secs	Rory.H	Improve ability to run at a good sustained pace. Practice pacing.
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	09/05/2018	600 Intervals - Crech Woods	30mins	60 secs	Steve.T	Improve lactic and aerobic threshold. Practice running off road.
7	16/05/2018	1200 Intervals	4-6	90 secs	Paul.W	Practice conserving resources and improve pace and strength.
8	23/05/2018	Handicap #2	5.4K		Julia.R	Use to monitor progress and race practice
9	30/05/2018	400 Intervals - Crech Woods	12-16	45 secs	Kirsty.B	Improve aerobic conditioning and running economy. Practice off road running.
10	06/06/2018	Sustained Run Denmead 10K	6.2M		All Coaches	Pace judgement, accounting for temperature, sustained effort up and down hill.
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	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	27/06/2018	PJC - Summer XC Queen Elizabeth Country Park 19:15	5M		PJC	Sustained effort ** No session at Kidmore Lane**
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	11/07/2018	Handicap #3	5.4K		Julia.R	Use to monitor progress and race practice
16	18/07/2018	800 Intervals - Crech Woods	6-8	75 secs	Rory.H	Improve ability to run at a good sustained pace. Practice pacing and off road running
17	25/07/2018	Handicap #4	5.4K		Julia.R	Use to monitor progress and race practice
18	01/08/2018	1200 Intervals	4-6	90 secs	Steve.T	Practice conserving resources and improve pace and strength.
19	08/08/2018	400+200+200	3-5	45/25 + 60 secs after set	Angela.A	Improve aerobic and lactic threshold.
20	15/08/2018	Handicap #5	5.4K		Julia.R	Use to monitor progress and race practice
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	29/08/2018	Hills	7/8/9	Down	Peter.M	Build strength and stamina. Give confidence to attack the uphill during a race.
23	05/09/2018	400+200+200	3-5	45/25 + 60 secs after set	Kirsty.B	Improve aerobic and lactic threshold.
24	12/09/2018	Fartlek - 2F/2S	22-24 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.