

Denmead Striders Summer Schedule 2019

Denmead Striders Summer Schedule 2019

Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim	Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
1	01/04/2019	800 Intervals	3-6	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practice pacing.	1	03/04/2019	Fartlek - 2f/25	22-28 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.
2	08/04/2019	400 Intervals	8-12	45 secs	Kirsty.A	Improve aerobic conditioning and running economy.	2	10/04/2019	Handicap #1 Scratch Race	5.4K		Julia.R	Obtain a benchmark time to monitor progress through the summer.
3	15/04/2019	200 Intervals	12-16	30 secs	Paul.W	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	3	17/04/2019	400 Intervals	8-12	45 secs	Martin.S	Improve aerobic conditioning and running economy.
4	22/04/2019	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	24/04/2019	800 Intervals	3-6	75 secs	Rory.H	Improve ability to run at a good sustained pace. Practice pacing.
5	29/04/2019	600 Intervals - Crech Woods	6-10	60 secs	Martin.S	Improve lactic and aerobic threshold. Practice running off road.	5	01/05/2019	Hills	6/7/8	Down	Peter.M	Build strength and stamina. Give confidence to attack the uphill during a race.
6	06/05/2019	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Gary.M	Sustained effort, improve pace and stamina	6	08/05/2019	600 Intervals - Crech Woods	6-10	60 secs	Steve.T	Improve lactic and aerobic threshold. Practice running off road.
7	13/05/2019	400 Intervals	8-12	45 secs	Rory.H	Improve aerobic conditioning and running economy.	7	15/05/2019	1200 Intervals	2-4	120 secs	Angela.A	Practice conserving resources and improve pace and strength.
8	20/05/2019	Fartlek - King George Playing Field Sides	20-30	Short Side (Top)	Steve.T	Improve ability to run at pace for longer	8	22/05/2019	Handicap #2	5.4K		Julia.R	Use to monitor progress and race practice
9	27/05/2019	1 Mile Intervals	2-4	180	Gary.M	Speed and strength endurance	9	29/05/2019	400 Intervals - Crech Woods	8-12	45 secs	Kirsty.A	Improve aerobic conditioning and running economy. Practice off road running.
10	03/06/2019	600 Intervals - Crech Woods	6-10	60 secs	Paul.W	Improve lactic and aerobic threshold. Practice running off road.	10	05/06/2019	Sustained Run Denmead 10K	6.2M		All Coaches	Race practice, pace judgement, accounting for temperature, sustained effort up and down hill.
11	10/06/2019	800+400+200+200	2-4	75/45/25 + 60 secs after set	Rory.H	Practice conserving resources and improve pace and strength.	11	12/06/2019	Hills	7/8/9	Down	Peter.M	Build strength and stamina. Give confidence to attack the uphill during a race.
12	17/06/2019	Tempo Run - King George Field	6 / 6 / 6 or 10 / 10 / 10	1 & 3	Martin.S	Improve ability to run at pace for longer	12	19/06/2019	Ladders - 1,2,3,4,5,4,3,2,1	1 set	Half Preceding	Gary.M	Improve all round conditioning and lactic aerobic threshold.
13	24/06/2019	400 Intervals	8-14	45 secs	Kirsty.A	Improve aerobic conditioning and running economy.	13	26/06/2019	PJC - Summer XC Queen Elizabeth Country Park 19:15	5M		PJC	Sustained effort ** No session at Kidmore Lane**
14	01/07/2019	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Gary.M	Sustained effort, improve pace and stamina	14	03/07/2019	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina
15	08/07/2019	1 Mile Intervals	2-4	180 secs	Angela.A	Speed and strength endurance	15	10/07/2019	800 Intervals - Crech Woods	4-8	75 secs	Martin.S	Improve ability to run at a good sustained pace. Practice pacing and off road running
16	15/07/2019	800 Intervals	4-8	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practice pacing.	16	17/07/2019	Handicap #3	5.4K		Julia.R	Use to monitor progress and race practice
17	22/07/2019	600 Intervals - Crech Woods	6-10	60 secs	Paul.W	Improve lactic and aerobic threshold. Practice running off road.	17	24/07/2019	1200 Intervals	2-4	120 secs	Steve.T	Speed and strength endurance
18	29/07/2019	200 Intervals	14-20	30 secs	Kirsty.A	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	18	31/07/2019	Handicap #4	5.4K		Julia.R	Use to monitor progress and race practice
19	05/08/2019	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set	Rory.H	Practice conserving resources and improve pace and strength.	19	07/08/2019	800+400+200+200	2-4	75/45/25 + 60 secs after set	Angela.A	Practice conserving resources and improve pace and strength.
20	12/08/2019	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Martin.S	Sustained effort, improve pace and stamina	20	14/08/2019	Hills	7/8/9	Down	Peter.M	Build strength and stamina. Give confidence to attack the uphill during a race.
21	19/08/2019	800+400+200+200	2-4	75/45/25 + 60 secs after set	Angela.A	Practice conserving resources and improve pace and strength.	21	21/08/2019	Handicap #5	5.4K		Julia.R	Use to monitor progress and race practice
22	26/08/2019	200 Intervals	14-20	30 secs	Paul.W	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	22	28/08/2019	6 / 6 / 6 Tempo 10 / 10 / 10 Tempo	1 set	1 & 3	Rory.H	Improve ability to run at pace for longer
23	02/09/2019	400 Intervals	8-14	45 secs	Steve.T	Improve aerobic conditioning and running economy.	23	04/09/2019	400+200+200	4-8	45/25 + 60 secs after set	Paul.W	Practice conserving resources and improve pace and strength.
24	09/09/2019	800 Intervals	4-8	75 secs	Kirsty.A	Improve ability to run at a good sustained pace. Practice pacing.	24	11/09/2019	Fartlek - 2f/25	22-28 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.