

Denmead Striders Summer Schedule 2017

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Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim
1	03/04/2017	800 Intervals	4-6	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practice pacing.
2	10/04/2017	400 Intervals	12-16	45 secs	Kirsty.B	Improve aerobic conditioning and running economy.
3	17/04/2017	200 Intervals	16-20	30 secs	Paul.W	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
4	24/04/2017	600 Intervals - Creech Woods	6-8	60 secs	Martin.S	Improve lactic and aerobic threshold. Practice running off road.
5	01/05/2017	1200 Intervals	2-4	90 secs	Angela.A	Practice conserving resources and improve pace and strength.
6	08/05/2017	Timed Fartlek 1,2,3,3,2,1	2 sets	1,2,3,3,2,1	Steve.T	Improve all round conditioning and practice change of pace.
7	15/05/2017	Incline Session 5 Down / 5 Up		Down	Kirsty.B	Sustained effort, improve pace and stamina
8	22/05/2017	200 Intervals	16-20	30 secs	Paul.W	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
9	29/05/2017	Indian Train - Field	30 mins		Gary.M	Surge and recover
10	05/06/2017	1 Mile Intervals	3-5	150 secs	Angela.A	Speed and strength endurance
11	12/06/2017	600 Intervals - Creech Woods	6-8	60 secs	Martin.S	Improve lactic and aerobic threshold. Practice running off road.
12	19/06/2017	800+400+200+200	1-3 sets	75/45/25 + 60 secs after set	Kirsty.B	Improve finishing kick.
13	26/06/2017	400 Intervals	8-12	45 secs	Paul.W	Easy session before the Summer XC Can be used as speed sharpener or recovery run.
14	03/07/2017	Incline Session 5 Down / 5 Up		Down	Gary.M	Sustained effort, improve pace and stamina
15	10/07/2017	400 Intervals	14-18	45 secs	Steve.T	Improve aerobic conditioning and running economy.
16	17/07/2017	1 Mile Intervals	3-5	150 secs	Angela.A	Speed and strength endurance
17	24/07/2017	600 Intervals - Creech Woods	8-10	60 secs	Martin.S	Improve lactic and aerobic threshold. Practice running off road.
18	31/07/2017	Fartlek - Field Sides	24-30 mins	Non-Sides	Gary.M	Improve all round conditioning and practice change of pace.
19	07/08/2017	800+400+200+200	1-3 sets	75/45/25 + 60 secs after set	Kirsty.B	Improve finishing kick.
20	14/08/2017	400 Intervals	14-18	45 secs	Paul.W	Improve aerobic conditioning and running economy.
21	21/08/2017	Incline Session 5 Down / 5 Up		Down	Gary.M	Sustained effort, improve pace and stamina
22	28/08/2017	1 Mile Intervals	3-5	150 secs	Angela.A	Speed and strength endurance
23	04/09/2017	200 Intervals	16-20	30 secs	Steve.T	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
24	11/09/2017	800 Intervals	5-8	75 secs	Martin.S	Improve ability to run at a good sustained pace. Practice pacing.

Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
1	05/04/2017	Fartlek - 2F/2S	22-24 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.
2	12/04/2017	Handicap #1 Scratch Race	5.4K		Julia.R	Obtain a benchmark time to monitor progress through the summer.
3	19/04/2017	400 Intervals	12-16	45 secs	Kirsty.B	Improve aerobic conditioning and running economy.
4	26/04/2017	800 Intervals - Competitive Session	4-6	75 secs	Steve.T	Improve ability to run at a good sustained pace. Practice pacing. Competitive racing practice
5	03/05/2017	Hills	7/8/9	Down	Pete.M	Build strength and stamina. Give confidence to attack the uphill during a race.
6	10/05/2017	600 Intervals - Creech Woods	30 mins	60 secs	Angela.A	Improve lactic and aerobic threshold. Practice running off road.
7	17/05/2017	1200 Intervals	2-4	90 secs	Rory.H	Practice conserving resources and improve pace and strength.
8	24/05/2017	Handicap #2	5.4K		Julia.R	Use to monitor progress and race practice
9	31/05/2017	400 Intervals - Creech Woods	12-16	45 secs	Martin.S	Improve aerobic conditioning and running economy.
10	07/06/2017	Ladders - 1,2,3,4,5,4,3,2,1		Half Preceding	Gary.M	Improve all round conditioning and lactic aerobic threshold.
11	14/06/2017	Handicap #3	5.4K		Julia.R	Use to monitor progress and race practice
12	21/06/2017	Hills	8/9/10	Down	Pete.M	Build strength and stamina. Give confidence to attack the uphill during a race.
13	28/06/2017	PJC - Summer XC Queen Elizabeth Country Park 19:15	5M		PJC	Sustained effort
14	05/07/2017	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina
15	12/07/2017	Handicap #4	5.4K		Julia.R	Use to monitor progress and race practice
16	19/07/2017	800 Intervals - Creech Woods	6-8	75 secs	Martin.S	Improve ability to run at a good sustained pace. Practice pacing.
17	26/07/2017	Handicap #5	5.4K		Julia.R	Use to monitor progress and race practice
18	02/08/2017	Hills	10/11/12	Down	Pete.M	Build strength and stamina. Give confidence to attack the uphill during a race.
19	09/08/2017	1200 Intervals	2-4	90 secs	Steve.T	Practice conserving resources and improve pace and strength.
20	16/08/2017	Handicap #6	5.4K		Julia.R	Use to monitor progress and race practice
21	23/08/2017	400+200+200	3-5	45/25 + 60 secs after set	Rory.H	Improve aerobic and lactic threshold.
22	30/08/2017	6 / 6 / 6 - 10 / 10 / 10 Tempo	1 set	1 & 3	Gary.M	Improve ability to run at pace for longer
23	06/09/2017	400 Intervals	12-16	45 secs	Kirsty.B	Improve aerobic conditioning and running economy.
24	13/09/2017	Fartlek - 2F/2S	22-24 mins	2 mins slow	Angela.A	Improve all round conditioning and practice change of pace.