

Denmead Striders Summer Schedule 2017

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.