

**Denmead Striders Summer Schedule 2017**

<b>Week</b>	<b>Wednesday</b>	<b>Session 19.00 Start</b>	<b>Number</b>	<b>Recovery</b>	<b>Coach</b>	<b>Session Aim</b>
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.