

Denmead Striders

Summer Training Schedule 2010

MONDAY	Session	Purpose	WEDNESDAY	Purpose				
05-Apr-10	4-7 x 800	<i>Race finish</i>	31-Mar-10	20-40 min fartlek	High tempo, sustained pace	Alton 10 Netley		
12-Apr-10	1-3 x 800/400/200/200		Sustained aerobic power	07-Apr-10			handicap	
19-Apr-10	6-9 x 600			14-Apr-10			20-36 min tempo, 2 min, 2 min	
26-Apr-10	1-3 x 800/400/200/200			21-Apr-10			3 x 6'-8' hills	
03-May-10	4-8 x 800 parlauf			28-Apr-10			4-6 x 800 or 600 parlauf	
10-May-10	7-10 x 500			05-May-10			handicap	
17-May-10	15-25 min up and down loop			12-May-10			6-8 x 300 or 6-8 x 400	
24-May-10	5k fartlek			19-May-10			20-40 min fartlek	Recovery period
31-May-10	15-25 min up and down loop			26-May-10			1-3 x 200/200/400/400/200/200	
07-Jun-10	5k fartlek			02-Jun-10			16-32 min tempo, 2 min, 2 min	
14-Jun-10		09-Jun-10		1-3 x 200/200/400/400/200/200				
21-Jun-10	3-5 x 400, 2-5 x 500	16-Jun-10	handicap	Economy and tempo				
28-Jun-10	or 1-3 x 800, jog recoveries, then 400, 500 or 800	23-Jun-10	20-40 min fartlek					
05-Jul-10		30-Jun-10	summer xc					
12-Jul-10		07-Jul-10	24-42 min tempo, 3 min, 3 min					
19-Jul-10		14-Jul-10	3 x 7'-9' hills					
26-Jul-10	2-4 x 1200, 0-2 x 800	21-Jul-10	handicap					
02-Aug-10	1-3 x 800/400/200/200	28-Jul-10	4-6 x 800		Build up to league season			
09-Aug-10	2-6 x 1200, 0-2 x 800	04-Aug-10	3-5 x 300/500					
16-Aug-10	1-3 x 800/400/200/200	11-Aug-10	4-6 x 400, 4-8 x 200					
23-Aug-10	6-10 x 400, 0-2 x 200	18-Aug-10	handicap					
30-Aug-10	10-16 x 200	25-Aug-10	4-6 x 300/500					
06-Sep-10	3-5 x 300/500	01-Sep-10	4-6 x 400, 0-2 x 200	High tempo and economy				
13-Sep-10	10-16 x 200	08-Sep-10	3 x 6'-8' hills					
20-Sep-10	5-9 x 200/250 or 5k fartlek	15-Sep-10	2-4 x 1200, 0-2 x 800					
						Overton Victory		



Maintaining endurance & increasing sustained power

Sustained aerobic power

Recovery period

Sustained effort

Build up to league season

Aerobic and lactate power

Alton 10 Netley

Summer xc

Overton

Victory