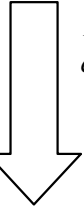


# Denmead Striders

## Summer Training Schedule 2010

MONDAY		Session	Purpose	WEDNESDAY		Purpose		
05-Apr-10	4-7 x 800		<b>Sustained aerobic power</b>	31-Mar-10	20-40 min fartlek	<b>High tempo, sustained pace</b>	<b>Alton 10 Netley</b>	
12-Apr-10	1-3 x 800/400/200/200	<i>Race finish</i>		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	<i>Race finish</i>		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	<i>Pace judgement</i>	12-May-10	6-8 x 300 or 6-8 x 400		<b>Recovery period</b>		
24-May-10	5k fartlek	<i>Change of pace</i>	19-May-10	20-40 min fartlek				
31-May-10	15-25 min up and down loop	<i>Pace judgement</i>	26-May-10	1-3 x 200/200/400/400/200/200				
07-Jun-10	5k fartlek	<i>Change of pace</i>	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	 <i>Maintaining endurance &amp; increasing sustained power</i>	<b>Sustained effort</b>	16-Jun-10	handicap	<b>Economy and tempo</b>	<b>Summer xc</b>	
28-Jun-10	or 1-3 x 800,			23-Jun-10	20-40 min fartlek			
05-Jul-10	jog recoveries,			30-Jun-10	summer xc			
12-Jul-10	then 400, 500 or 800			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	<i>Race finish</i>	28-Jul-10	4-6 x 800				
09-Aug-10	2-6 x 1200, 0-2 x 800		04-Aug-10	3-5 x 300/500	<b>Build up to league season</b>	<b>Overton</b>		
16-Aug-10	1-3 x 800/400/200/200	<i>Race finish</i>	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				
13-Sep-10	10-16 x 200		08-Sep-10	3 x 6'-8' hills	<b>High tempo and economy</b>		<b>Victory</b>	
20-Sep-10	5-9 x 200/250 or 5k fartlek		15-Sep-10	2-4 x 1200, 0-2 x 800				
			<b>Aerobic and lactate power</b>					