

Denmead Striders Winter Schedule 2020/21- 6W Window

Week	Date	Level	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim	Area
1	16/09/2020	1	400m Intervals	6-10	45	Gary.M	Improve aerobic conditioning and running economy	A
		2	800m Intervals	4-6	75	Martin.S	Practice pacing and improve speed endurance	B
		3	400m Intervals	6-10	45	Paul.W	Improve aerobic conditioning and running economy	C
2	23/09/2020	2	400m Intervals	6-10	45	Angela.A	Improve aerobic conditioning and running economy	A
		3	800m Intervals	4-6	75	Kirsty.A	Practice pacing and improve speed endurance	B
		1	400m Intervals	6-10	45	Rory.H	Improve aerobic conditioning and running economy	C
3	30/09/2020	3	400m Intervals	6-10	45	Gary.M	Improve aerobic conditioning and running economy	A
		1	800m Intervals	4-6	75	Steve.T	Practice pacing and improve speed endurance	B
		2	400m Intervals	6-10	45	Martin.S	Improve aerobic conditioning and running economy	C

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4	07/10/2020	3	Hills - 7/8/9 Level 1 & 2 Arside Road Level 3 - Hurstville Level 1 & 2 Coach: Gary.M Level 3 Coach: Paul.W					
		2						
		1						
5	14/10/2020	2	5K Sustained - Starting at 10 mins Intervals at Point D. The route will follow the old winter time trial course. Level 3 : 19.00 (Kirsty.A) Level 2: 19.10 (Rory.H) Level 1 : 19:20 (Angela. A)					
		1						
		3						
6	21/10/2020	1	400m Intervals for 30 mins including the recovery.	As many as you can.	60	Julia.R	Build strength, endurance and work lactic and aerobic threshold levels	A
		3	800/400/400	1-3	75/45/75	Gary.M	Build aerobic and lactic thresholds. Increase pace on each repetition.	B
		2	400m Intervals	6-10	45	Gemma.H	Improve aerobic conditioning and running economy	C

Denmead Striders - Return To Training 6 Week Trial Period.
Please remember to keep 2 meters apart and stay safe.