

Denmead Striders Winter Schedule 2020 -2021

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Week	Monday	Session 18.30 Start	Number	Recovery Seconds	Coach	Session Aim	Week	Wednesday	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim
1	14/09/2020	800m Intervals	4-6	75		Practice pacing and improve speed endurance	1	16/09/2020	1200m Intervals	2-4	90		Build strength and speed endurance
2	21/09/2020	1000m Intervals	2-4	90		Practice pacing and improve speed endurance	2	23/09/2020	600m Intervals for 30 mins including the recovery.	As many as you can.	60		Build strength, endurance and work lactic and aerobic threshold levels
3	28/09/2020	600/400/200 Interval Set	2-4	60/45/60		Build aerobic and lactic thresholds.Increase pace on each repetition.	3	30/09/2020	800m Intervals	4-6	75		Practice pacing and improve speed endurance
4	05/10/2020	400m Intervals	8-12	45		Improve aerobic conditioning and running economy	4	07/10/2020	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9	Down		Build strength and stamina. Build confidence to attack hills.
5	12/10/2020	500m Intervals	6-10	60		Improve aerobic conditioning and running economy	5	14/10/2020	Sustained Run	5K			Sustained effort, race practice and use to monitor training progression.
6	19/10/2020	600m Intervals	4-8	75		Build strength, endurance and work lactic and aerobic threshold levels	6	21/10/2020	400m Intervals	6-10	45		Improve aerobic conditioning and running economy
7	26/10/2020	1200/800/400/400 Interval Set	1-2	120/90/45/120		Practice pacing and improve speed endurance	7	28/10/2020	1000m Intervals	2-4	90		Practice pacing and improve speed endurance Aim for 2-5 improvement secs per repetition.
8	02/11/2020	800/400/200/200 Interval Set	2-4	90/45/30/90		Build strength, endurance and work lactic and aerobic threshold levels	8	04/11/2020	800m Intervals	4-6	75		Practice pacing and improve speed endurance
9	09/11/2020	1200/800/400/400 Interval Set	1-2	120/90/45/120		Build strength, endurance and work lactic and aerobic threshold levels	9	11/11/2020	500m Intervals	6-10	60		Improve aerobic conditioning and running economy
10	16/11/2020	800m Intervals	4-6	75		Practice pacing and improve speed endurance	10	18/11/2020	Sustained Run	5K			Sustained effort, race practice and use to monitor training progression.
11	23/11/2020	400m Intervals	8-12	45		Improve aerobic conditioning and running economy	11	25/11/2020	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9	Down		Build strength and stamina. Build confidence to attack hills.
12	30/11/2020	500m Intervals	6-10	60		Improve aerobic conditioning and running economy	12	02/12/2020	800/400/400	1-3	75/45/75		Build aerobic and lactic thresholds. Increase pace on each repetition.
13	07/12/2020	600m Intervals	4-8	75		Build strength, endurance and work lactic and aerobic threshold levels	13	09/12/2020	1000m Intervals	2-4	90		Practice pacing and improve speed endurance Aim for 2-5 improvement secs per repetition.
14	14/12/2020	800m Intervals	4-6	75		Practice pacing and improve speed endurance	14	16/12/2020	400m Intervals	6-10	45		Improve aerobic conditioning and running economy
15	21/12/2020	1000m Intervals	2-4	90		Practice pacing and improve speed endurance	15	23/12/2020	600m Intervals for 30 mins including the recovery.	As many as you can.	60		Build strength, endurance and work lactic and aerobic threshold levels
16	28/12/2020	600/400/200	2-4	60/45/60		Build aerobic and lactic thresholds.Increase pace on each repetition.	16	30/12/2020	800m Intervals	6-8	75		Practice pacing and improve speed endurance
17	04/01/2021	1600m Interval Session	2-4	180		Build strength and speed endurance & practice pacing and concentration.	17	06/01/2021	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/9/10	Down		Build strength and stamina. Build confidence to attack hills.
18	11/01/2021	400m Intervals	8-12	45		Improve aerobic conditioning and running economy	18	13/01/2021	Sustained Run	5K			Sustained effort, race practice and use to monitor training progression.
19	18/01/2021	600m Intervals	4-8	75		Improve aerobic conditioning and running economy	19	20/01/2021	800/400/400	2-4	75/45/75		Build aerobic and lactic thresholds. Increase pace on each repetition.
20	25/01/2021	500m Intervals	6-10	60		Improve aerobic conditioning and running economy	20	27/01/2021	400m Intervals	8-12	45		Improve aerobic conditioning and running economy
21	01/02/2021	1200/800/400/400 Interval Set	1-2	120/90/45/120		Practice conserving resources and improve pace, build strength and speed endurance	21	03/02/2021	1200m Intervals	2-4	90		Build strength and speed endurance
22	08/02/2021	800/400/200/200 Interval Set	2-4	90/45/30/90		Practice conserving resources and improve pace, build strength and give a finishing kick.	22	10/02/2021	Sustained Run	5K			Sustained effort, race practice and use to monitor training progression.
23	15/02/2021	1200/800/400/400 Interval Set	1-2	120/90/45/120		Practice conserving resources and improve pace, build strength and speed endurance	23	17/02/2021	500m Intervals	8-12	60		Improve aerobic conditioning and running economy
24	22/02/2021	400m Intervals	8-12	45		Improve aerobic conditioning and running economy	24	24/02/2021	800m Intervals	6-8	75		Practice pacing and improve speed endurance
25	01/03/2021	600m Intervals	4-8	75		Improve aerobic conditioning and running economy	25	03/03/2021	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/9/10	Down		Build strength and stamina. Build confidence to attack hills.
26	08/03/2021	400m Intervals	8-12	45		Build strength, endurance and work lactic and aerobic threshold levels	26	10/03/2021	Sustained Run	5K			Sustained effort, race practice and use to monitor training progression.
27	15/03/2021	800m Intervals	4-6	75		Practice pacing and improve speed endurance	27	17/03/2021	400m Intervals	8-12	45		Improve aerobic conditioning and running economy
28	22/03/2021	600m Intervals	4-8	75		Improve aerobic conditioning and running economy	28	24/03/2021	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs		Speed and stamina

The winter schedule has been published if you still wish to train on your own at a social distance. Please do not attend the Wednesday session at 19:00 if you are training on your own. Stay safe Striders and take care.