

Denmead Striders Winter Schedule – 2021/2022

Welcome to the 2021-2022 winter schedule with the Denmead Striders. Both the sessions will start at the Waterlooville Swimming Pool, Waterberry Drive unless otherwise stated. The start time of the Monday session will be 18.30, the main club night session on Wednesday will start at 19.00. This year the club will look to use the Purbrook side of the Berewood estate (The Skate Park perimeter) as a different training venue, plenty of notice will be given to allow you to plan your warm up or parking arrangements.


Whilst Covid restrictions have been eased, there is a risk of a winter wave developing during the colder months. This may cause the Government to react with local and national restrictions. If this happens, please be aware the schedule will be subject to last minute changes or in the worst-case cancellation.

The sessions will be a mixture of speed work, stamina and sustained running. The schedule can be used to supplement your winter training in preparation for a spring marathon'

- Intervals/Speed Meeting Point = Waterlooville Swimming Pool.
- Intervals/Speed Venue = Berewood Estate.
- Hills = Arnside Road (Level 1) and Hurstville Drive (Level 2)
- 5K Time Trial = Out and back to the Berewood Estate.

One of the unique aspects of the club is everyone trains together whatever your running experience. Whilst the schedule only shows a minimum and maximum number of repetitions, as a guideline the level groups are shown below.

Level 1: Beginner
Level 2: Intermediate
Level 3: Experienced



The winter session includes time trial runs these can be used to progressively measure your fitness as well as provide race practice.

The ongoing factory development works and the building work to supply the infrastructure means the 5K time trial route has been modified to suit. If the route does become available within the winter period the club will revert back to the original route. The new route will comprise of 4 * 1250m circuits 2 out and 2 back. Starting and finishing in Silverthorne Way, the outward turn-a-round point will be at the layby along the Berewood path. There will be a marshal at the outward turning point. A map of the route is shown the second page.

Your body needs to train in order to become accustomed to the faster pace of speed work. Listen carefully to the coaches, run at the pace directed and take the full recovery specified. During the rest interval, it is important to keep moving to prevent muscles getting cold and causing injury.

For the winter sessions it is important to dress appropriately for the conditions, especially when the weather turns colder. Remember you can always take layers off if you get warm. Some sessions may have longer recovery periods, it may be necessary to put an extra layer on to keep warm whilst waiting for the next repetition.

During the darker evenings it also requested that members wear light coloured reflective clothing or a reflective vest during the session. No dark clothing please.

During the winter, weather conditions may force the coaches to adapt or change the session to suit. In some extreme cases it may be necessary to cancel the session completely at short notice as conditions maybe unsafe. Please respect the coaches' decision to adapt or cancel a session, it is done with your safety in mind. Any members who continue with a session after a notification of cancellation do so at their own risk and will not be insured under our England Athletics policy if a qualified coach/run leader is not present.

Finally, we hope you enjoy the winter schedule this year and we look forward to receiving any feedback you may have.

Revised time trial route - 4 * 1250m circuits 2 out and 2 back. Starting and finishing in Silverthorne Way



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Week	Monday	Session 18.30 Start	Number	Recovery Seconds	Coach	Session Aim
1	13/09/2021	800m Interval Session	4-6	75	Gary.M	Practice pacing and improve speed endurance
2	20/09/2021	1200m Interval Session	2-4	105	Gary.M	Build strength & speed endurance.
3	27/09/2021	600/400/200	2-4	60/45/60	Gemma.H	Build aerobic and lactic thresholds.Increase pace on each repetition.
4	04/10/2021	1000m Interval Session	2-4	90	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels
5	11/10/2021	400m Interval Session	6-12	45	Kirsty.B	Improve aerobic conditioning and running economy
6	18/10/2021	600m Interval Session	4-8	60	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels
7	25/10/2021	800m Interval Session - Decreasing Reps. Run each 800m faster than the previous	4-6	75	Steve.T	Practice pacing and improve speed endurance Aim for 2-5 secs per repetition.
8	01/11/2021	600m Interval Session	4-8	60	Gemma.H	Build strength, endurance and work lactic and aerobic threshold levels
9	08/11/2021	1000m Interval Session	2-4	90	Kirsty.A	Build strength, endurance and work lactic and aerobic threshold levels
10	15/11/2021	400m Interval Session	6-12	45	Angela.A	Improve aerobic conditioning and running economy
11	22/11/2021	1200/600/600	2-4	60/60/120	Martin.S	Build aerobic and lactic thresholds. Increase pace on each repetition.
12	29/11/2021	600m Interval Session	6-10	60	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels
13	06/12/2021	1000m Interval Session - Decreasing Reps. Run each 1K faster than the previous	4-6	75	Paul.W	Practice pacing and improve speed endurance Aim for 2-5 secs per repetition.
14	13/12/2021	400m Interval Session	6-12	45	Gemma.H	Improve aerobic conditioning and running economy
15	20/12/2021	1600m Interval Session	2-4	180	Gary.M	Build strength and speed endurance & practice pacing and concentration.
16	27/12/2021	800/400/400	2-4	75/45/75	Kirsty.A	Build aerobic and lactic thresholds. Increase pace on each repetition.
17	03/01/2022	1000m Intervals	2-4	90	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels
18	10/01/2022	400m Interval Session	6-12	45	Rory.H	Improve aerobic conditioning and running economy
19	17/01/2022	500m Intervals	6-10	60	Paul.W	Build aerobic and lactic thresholds.
20	24/01/2022	800m Interval Session - Decreasing Reps. Run each 800m faster than the previous	4-8	75	Gary.M	Practice pacing and improve speed endurance Aim for 2-5 secs per repetition.
21	31/01/2022	600/400/200	3-5	60/45/60	Steve.T	Build aerobic and lactic thresholds. Increase pace on each repetition.
22	07/02/2022	400m Interval Session	6-12	45	Martin.S	Improve aerobic conditioning and running economy
23	14/02/2022	600m Interval Session	6-10	60	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels
24	21/02/2022	800m Interval Session	4-6	75	Kirsty.A	Practice pacing and improve speed endurance
25	28/02/2022	800/400/400	2-4	75/45/75	Rory.H	Build aerobic and lactic thresholds. Increase pace on each repetition.
26	07/03/2022	400m Interval Session	6-12	45	Paul.W	Improve aerobic conditioning and running economy
27	14/03/2022	1000m Interval Session - Decreasing Reps.	4-6	75	Steve.T	Practice pacing and improve speed endurance Aim for 2-5 secs per repetition.
28	21/03/2022	1600m Interval Session	2-4	180	Angela.A	Build strength and speed endurance & practice pacing and concentration.

Denmead Striders Winter Schedule 2021 -2022

Week	Wednesday	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim
1	15/09/2021	1000m Interval Session	2-4	90	Gary.M	Build strength, endurance and work lactic and aerobic threshold levels
2	22/09/2021	600m Interval Session	4-8	60	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels
3	29/09/2021	400m Interval Session	6-12	45	Rory.H	Improve aerobic conditioning and running economy
4	06/10/2021	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9	Down	Gary.M	Build strength and stamina. Build confidence to attack hills.
5	13/10/2021	Time Trial #1	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
6	20/10/2021	600/400/200	2-4	60/45/60	Gemma.H	Build aerobic and lactic thresholds. Increase pace on each repetition.
7	27/10/2021	1200m Interval Session	2-4	105	Paul.W	Build strength & speed endurance.
8	03/11/2021	1600m Interval Session	2-4	180	Angela.A	Build strength and speed endurance & practice pacing and concentration.
9	10/11/2021	800m Interval Session - Decreasing Reps. Run each 800m faster than the previous	4-6	75	Martin.S	Practice pacing and improve speed endurance Aim for 2-5 secs per repetition.
10	17/11/2021	Time Trial #2	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
11	24/11/2021	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9	Down	Gary.M	Build strength and stamina. Build confidence to attack hills.
12	01/12/2021	400m Interval Session	6-12	45	Steve.T	Improve aerobic conditioning and running economy
13	08/12/2021	500/500/400/400/200/200	1-3	60/60/45/45/25 /180	Paul.W	Build aerobic and lactic thresholds.
14	15/12/2021	Mince Pie Run - 450m Parlauff	6-10	Alternating Runner	Angela.A	Burn off some calories before the Festive Season ☺ Run in pairs alternating the repetition.
15	22/12/2021	800m Interval Session	4-6	75	Kirsty.A	Practice pacing and improve speed endurance
16	29/12/2021	400m Interval Session	6-12	45	Gary.M	Improve aerobic conditioning and running economy
17	05/01/2022	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/9/10	Down	Gary.M	Build strength and stamina. Build confidence to attack hills.
18	12/01/2022	Time Trial #3	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
19	19/01/2022	400m Interval Session	6-12	45	Rory.H	Improve aerobic conditioning and running economy
20	26/01/2022	1600m Interval Session	2-4	180	Martin.S	Build strength and speed endurance & practice pacing and concentration.
21	02/02/2022	500/500/400/400/200/200	1-3	60/60/45/45/25 /180	Angela.A	Build aerobic and lactic thresholds.
22	09/02/2022	Time Trial #4	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
23	16/02/2022	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/9/10	Down	Gary.M	Build strength and stamina. Build confidence to attack hills.
24	23/02/2022	800m Interval Session - Decreasing Reps. Run each 800m faster than the previous	4-8	75	Steve.T	Practice pacing and improve speed endurance Aim for 2-5 secs per repetition.
25	02/03/2022	600m Interval Session	6-12	60	Kirsty.A	Build strength, endurance and work lactic and aerobic threshold levels
26	09/03/2022	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
27	16/03/2022	800/400/400	2-5	75/45/75	Gemma.H	Build aerobic and lactic thresholds. Increase pace on each repetition.
28	23/03/2022	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina