

Denmead Striders Winter Schedule 2021 -2022

Week	Monday	Session 18.30 Start	Number	Recovery Seconds	Coach	Session Aim
1	13/09/2021	800m Interval Session	4-6	75	Gary.M	Practise 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	Practise 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	Practise 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 & Practise 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	Practise 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	Practise 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	Practise 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 & Practise pacing and concentration.