

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 Practise 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 & Practise pacing and concentration.
9	10/11/2021	800m Interval Session - Decreasing Reps. Run each 800m faster than the previous	4-6	75	Martin.S	Practise 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 Practise 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	Practise 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 Practise 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 & Practise 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 Practise 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	Practise 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 Practise 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