

Denmead Striders Winter Schedule 2021 -2022

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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	13/09/2021	800m Interval Session	4-6	75	Gary.M	Practice pacing and improve speed endurance	1	15/09/2021	1000m Interval Session	2-4	90	Gary.M	Build strength, endurance and work lactic and aerobic threshold levels
2	20/09/2021	1200m Interval Session	2-4	105	Gary.M	Build strength & speed endurance.	2	22/09/2021	600m Interval Session	4-8	60	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels
3	27/09/2021	600/400/200	2-4	60/45/60	Gemma.H	Build aerobic and lactic thresholds.Increase pace on each repetition.	3	29/09/2021	400m Interval Session	6-12	45	Rory.H	Improve aerobic conditioning and running economy
4	04/10/2021	1000m Interval Session	2-4	90	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels	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	11/10/2021	400m Interval Session	6-12	45	Kirsty.B	Improve aerobic conditioning and running economy	5	13/10/2021	Time Trial #1	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
6	18/10/2021	600m Interval Session	4-8	60	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels	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	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.	7	27/10/2021	1200m Interval Session	2-4	105	Paul.W	Build strength & speed endurance.
8	01/11/2021	600m Interval Session	4-8	60	Gemma.H	Build strength, endurance and work lactic and aerobic threshold levels	8	03/11/2021	1600m Interval Session	2-4	180	Angela.A	Build strength and speed endurance & practice pacing and concentration.
9	08/11/2021	1000m Interval Session	2-4	90	Kirsty.A	Build strength, endurance and work lactic and aerobic threshold levels	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	15/11/2021	400m Interval Session	6-12	45	Angela.A	Improve aerobic conditioning and running economy	10	17/11/2021	Time Trial #2	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
11	22/11/2021	1200/600/600	2-4	60/60/120	Martin.S	Build aerobic and lactic thresholds. Increase pace on each repetition.	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	29/11/2021	600m Interval Session	6-10	60	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels	12	01/12/2021	400m Interval Session	6-12	45	Steve.T	Improve aerobic conditioning and running economy
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.	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	13/12/2021	400m Interval Session	6-12	45	Gemma.H	Improve aerobic conditioning and running economy	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	20/12/2021	1600m Interval Session	2-4	180	Gary.M	Build strength and speed endurance & practice pacing and concentration.	15	22/12/2021	800m Interval Session	4-6	75	Kirsty.A	Practice pacing and improve speed endurance
16	27/12/2021	800/400/400	2-4	75/45/75	Kirsty.A	Build aerobic and lactic thresholds. Increase pace on each repetition.	16	29/12/2021	400m Interval Session	6-12	45	Gary.M	Improve aerobic conditioning and running economy
17	03/01/2022	1000m Intervals	2-4	90	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels	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	10/01/2022	400m Interval Session	6-12	45	Rory.H	Improve aerobic conditioning and running economy	18	12/01/2022	Time Trial #3	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
19	17/01/2022	500m Intervals	6-10	60	Paul.W	Build aerobic and lactic thresholds.	19	19/01/2022	400m Interval Session	6-12	45	Rory.H	Improve aerobic conditioning and running economy
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.	20	26/01/2022	1600m Interval Session	2-4	180	Martin.S	Build strength and speed endurance & practice pacing and concentration.
21	31/01/2022	600/400/200	3-5	60/45/60	Steve.T	Build aerobic and lactic thresholds. Increase pace on each repetition.	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	07/02/2022	400m Interval Session	6-12	45	Martin.S	Improve aerobic conditioning and running economy	22	09/02/2022	Time Trial #4	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
23	14/02/2022	600m Interval Session	6-10	60	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels	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	21/02/2022	800m Interval Session	4-6	75	Kirsty.A	Practice pacing and improve speed endurance	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	28/02/2022	800/400/400	2-4	75/45/75	Rory.H	Build aerobic and lactic thresholds. Increase pace on each repetition.	25	02/03/2022	600m Interval Session	6-12	60	Kirsty.A	Build strength, endurance and work lactic and aerobic threshold levels
26	07/03/2022	400m Interval Session	6-12	45	Paul.W	Improve aerobic conditioning and running economy	26	09/03/2022	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
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.	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	21/03/2022	1600m Interval Session	2-4	180	Angela.A	Build strength and speed endurance & practice pacing and concentration.	28	23/03/2022	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina