

Denmead Striders Winter Schedule Update – 2023/2024

Welcome to the 2023-2024 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 sees the continuation of using last year's new hill venue. The new hill venue caters for the larger numbers of Level 2&3 runners taking part in the Hill Session at Hurstville. The new hill venue will be Drayton Road on the Portsdown Hill road, the session will start at this venue and not the Swimming Pool. Details of the both venues are given later in the introduction.


Unfortunately, due to lighting issues and the safety of runners the Committee has decided not to use Berewood Skate Park for any further sessions over the winter.

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. Each session will be approximately 5K not including the warm up/warm down. Please factor this in to your session if you plan to run to and from the venues.

- Intervals/Speed Meeting Point = Waterlooville Swimming Pool.
- Intervals/Speed Venue = Berewood Estate.
- Hills = Arnside Road (Level 1&2) and Drayton Lane (Level 3&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.

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.

Winter Training 2023 – Hill Venue.

Level 3 (Level 2) Hill Repetitions.

The coaches taking the Level 3 have noticed an increase in the members attending the hill session, especially if we split the group with the faster Level 2 runners. To cater for the larger numbers a new venue has been chosen in Drayton Lane and is located along Portsdown Hill opposite The George Inn, it offers a long incline (250m) where a number of different hill sessions could be organised. I have marked the hill in red on the picture.

- Plenty of room up and down the hill.
- Plenty of parking.
- Choice of warm up routes.



Time Trial route - 4 * 1250m circuits 2 out and 2 back. Starting and finishing in Silverthorne Way



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