

Denmead Striders Winter Schedule 2023 -2024

Week	Monday	Session 18.30 Start	Number	Recovery Seconds	Coach	Session Aim
1	11/09/2023	500m Interval Session	6-10	60 secs	Gary.M	Improve lactic and aerobic threshold.
2	18/09/2023	400m + 200m+200m Interval Sets	4-6	45,25,45	Angela.A	Aerobic conditioning and finishing kick.
3	25/09/2023	800+400+400 Interval Sets	2-4	75,45,75	Martin.S	Build aerobic and lactic thresholds. Increase pace on each repetition.
4	02/10/2023	600m Interval Session	30mins	60	Gemma.H	Build strength, endurance and work lactic and aerobic threshold levels
5	09/10/2023	600+400+200	3-5	60,45,60	Paul.W	Build aerobic and lactic thresholds. Increase pace on each repetition.
6	16/10/2023	400m Interval Session	8-12	45	Rory.H	Improve lactic and aerobic threshold.
7	23/10/2023	1600m Interval Session	2-4	180	Gary.M	Build strength and speed endurance & practice pacing and concentration.
8	30/10/2023	800+400+400 Interval Sets	2-4	75,45,75	Steve.T	Build aerobic and lactic thresholds. Increase pace on each repetition.
9	06/11/2023	600m Interval Session	6-10	60	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels
10	13/11/2023	200m Interval Session	18-24	30 Secs	Kirsty.A	Exercise fast twitch muscles and fibres. Improve lactic threshold
11	20/11/2023	1000m Interval Session	3-5	75	Gemma.H	Speed endurance
12	27/11/2023	800m Interval Session	4-6	90 secs	Martin.S	Practice pacing and improve speed endurance
13	04/12/2023	600+400+200	3-5	60,45,60	Rory.H	Build aerobic and lactic thresholds. Increase pace on each repetition.
14	11/12/2023	400m Interval Session	8-12	45 secs	Paul.W	Improve aerobic conditioning and running economy
15	18/12/2023	800+400+400 Interval Sets	2-4	75,45,75	Kirsty.A	Build aerobic and lactic thresholds. Increase pace on each repetition.
16	25/12/2023	Christmas Day - No Organised Session				
17	01/01/2024	1600m Interval Session	2-4	180	Gary.M	Build strength and speed endurance & practice pacing and concentration.
18	08/01/2024	200m Interval Session	18-24	30 Secs	Steve.T	Practice pacing and improve speed endurance
19	15/01/2024	600+400+200	3-5	60,45,60	Martin.S	Build aerobic and lactic thresholds. Increase pace on each repetition.
20	22/01/2024	600m Interval Session	30mins	60	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels
21	29/01/2024	1000m Interval Session	3-5	75	Paul.W	Speed endurance
22	05/02/2024	500m Interval Session	6-10	60 secs	Rory.H	Improve lactic and aerobic threshold.
23	12/02/2024	800+400+400 Interval Sets	2-4	75,45,75	Gemma.H	Build aerobic and lactic thresholds. Increase pace on each repetition.
24	19/02/2024	1600m Interval Session	2-4	180	Gary.M	Build strength and speed endurance & practice pacing and concentration.
25	26/02/2024	600+400+200	3-5	60,45,60	Kirsty.A	Build aerobic and lactic thresholds. Increase pace on each repetition.
26	04/03/2024	400m + 200m+200m Interval Sets	6-8	45,25,45	Steve.T	Aerobic conditioning and finishing kick.
27	11/03/2024	800m Interval Session	4-6	90 secs	Martin.S	Practice pacing and improve speed endurance
28	18/03/2024	400m Interval Session	8-12	45	Gemma.H	Speed endurance
29	25/03/2024	200m Interval Session	18-24	30 Secs	Angela.A	Exercise fast twitch muscles and fibres. Improve lactic threshold