

Denmead Striders Winter Schedule 2023 -2024

Week	Wednesday	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim
1	13/09/2023	800m Interval Session	4-6	90 secs	Gary.M	Practice pacing and improve speed endurance
2	20/09/2023	600m Interval Session	30mins	60	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels
3	27/09/2023	200m Interval Session	18-24	30 Secs	Kirsty.A	Exercise fast twitch muscles and fibres. Improve lactic threshold
4	04/10/2023	Hills - Level 1 & 2 Arnside Road, W'Ville Level 2 & 3 Drayton Ln.	7/8/9	Down	Gary.M Paul.W	Build strength and stamina. Build confidence to attack hills.
5	11/10/2023	Time Trial #1	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
6	18/10/2023	1000m Interval Session	3-5	75	Steve.T	Speed endurance
7	25/10/2023	400m Interval Session	8-12	45 secs	Angela.A	Improve aerobic conditioning and running economy
8	01/11/2023	600m Interval Session	30mins	60	Paul.W	Build strength, endurance and work lactic and aerobic threshold levels
9	08/11/2023	800m Interval Session	3-5	90 secs	Rory.H	Practice pacing and improve speed endurance
10	15/11/2023	Time Trial #2	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
11	22/11/2023	600m Interval Session	30mins	60	Steve.T	Build strength, endurance and work lactic and aerobic threshold levels
12	29/11/2023	800m Interval Session	4-6	90 secs	Angela.A	Practice pacing and improve speed endurance
13	06/12/2023	200m Interval Session	18-24	30 Secs	Martin.S	Exercise fast twitch muscles and fibres. Improve lactic threshold
14	13/12/2023	Hills - Level 1 & 2 Arnside Road, W'Ville Level 2 & 3 Drayton Ln.	8/9/10	Down	Gary.M Paul.W	Build strength and stamina. Build confidence to attack hills.
15	20/12/2023	Mince Pie Run - 450m Alternating Runner Parlauff	6-10	Alternating Runner	Rory.H	Burn off some calories before the Festive Season.
16	27/12/2023	500m Interval Session	6-10	60 secs	Gary.M	Improve lactic and aerobic threshold.
17	03/01/2024	400m Interval Session	8-12	45 secs	Kirsty.A	Improve aerobic conditioning and running economy
18	10/01/2024	Time Trial #3	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
19	17/01/2024	1000m Interval Session	3-5	75	Paul.W	Speed endurance
20	24/01/2024	600m Interval Session	30mins	60	Steve.T	Build strength, endurance and work lactic and aerobic threshold levels
21	31/01/2024	800m Interval Session	4-6	90 secs	Gary.M	Practice pacing and improve speed endurance
22	07/02/2024	Time Trial #4	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
23	14/02/2024	Hills - Level 1 & 2 Arnside Road, W'Ville Level 2 & 3 Drayton Ln.	8/9/10	Down	Gary.M Paul.W	Build strength and stamina. Build confidence to attack hills.
24	21/02/2024	400m Interval Session	8-12	45 secs	Martin.S	Improve aerobic conditioning and running economy
25	28/02/2024	200m Interval Session	18-24	30 Secs	Rory.H	Exercise fast twitch muscles and fibres. Improve lactic threshold
26	06/03/2024	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
27	13/03/2024	600m Interval Session	30mins	60	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels
28	20/03/2024	400m Interval Session	8-12	45 secs	Kirsty.A	Improve lactic and aerobic threshold.
29	27/03/2024	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina