

**Denmead Striders Winter Schedule 2023 -2024**

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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	11/09/2023	500m Interval Session	6-10	60 secs	Gary.M	Improve lactic and aerobic threshold.	1	13/09/2023	800m Interval Session	4-6	90 secs	Gary.M	Practice pacing and improve speed endurance
2	18/09/2023	400m + 200m+200m Interval Sets	4-6	45,25,45	Angela.A	Aerobic conditioning and finishing kick.	2	20/09/2023	600m Interval Session	30mins	60	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels
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.	3	27/09/2023	200m Interval Session	18-24	30 Secs	Kirsty.A	Exercise fast twitch muscles and fibres. Improve lactic threshold
4	02/10/2023	600m Interval Session	30mins	60	Gemma.H	Build strength, endurance and work lactic and aerobic threshold levels	4	04/10/2023	Hills - Level 1 & 2 Arnside Road, W'Ville Level 2 & 3 Drayton Ln. Portsdown	7/8/9	Down	Gary.M Paul.W	Build strength and stamina. Build confidence to attack hills.
5	09/10/2023	600+400+200	3-5	60,45,60	Paul.W	Build aerobic and lactic thresholds. Increase pace on each repetition.	5	11/10/2023	Time Trial #1	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
6	16/10/2023	400m Interval Session	8-12	45	Rory.H	Improve lactic and aerobic threshold.	6	18/10/2023	1000m Interval Session	3-5	75	Steve.T	Speed endurance
7	23/10/2023	1600m Interval Session	2-4	180	Gary.M	Build strength and speed endurance & practice pacing and concentration.	7	25/10/2023	400m Interval Session	8-12	45 secs	Angela.A	Improve aerobic conditioning and running economy
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.	8	01/11/2023	600m Interval Session	30mins	60	Paul.W	Build strength, endurance and work lactic and aerobic threshold levels
9	06/11/2023	600m Interval Session	6-10	60	Angela.A	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	13/11/2023	200m Interval Session	18-24	30 Secs	Kirsty.A	Exercise fast twitch muscles and fibres. Improve lactic threshold	10	15/11/2023	Time Trial #2	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
11	20/11/2023	1000m Interval Session	3-5	75	Gemma.H	Speed endurance	11	22/11/2023	600m Interval Session	30mins	60	Steve.T	Build strength, endurance and work lactic and aerobic threshold levels
12	27/11/2023	800m Interval Session	4-6	90 secs	Martin.S	Practice pacing and improve speed endurance	12	29/11/2023	800m Interval Session	4-6	90 secs	Angela.A	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.	13	06/12/2023	200m Interval Session	18-24	30 Secs	Martin.S	Exercise fast twitch muscles and fibres. Improve lactic threshold
14	11/12/2023	400m Interval Session	8-12	45 secs	Paul.W	Improve aerobic conditioning and running economy	14	13/12/2023	Hills - Level 1 & 2 Arnside Road, W'Ville Level 2 & 3 Drayton Ln. Portsdown	8/9/10	Down	Gary.M Paul.W	Build strength and stamina. Build confidence to attack hills.
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.	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	25/12/2023	Christmas Day - No Organised Session					16	27/12/2023	500m Interval Session	6-10	60 secs	Gary.M	Improve lactic and aerobic threshold.
17	01/01/2024	1600m Interval Session	2-4	180	Gary.M	Build strength and speed endurance & practice pacing and concentration.	17	03/01/2024	400m Interval Session	8-12	45 secs	Kirsty.A	Improve aerobic conditioning and running economy
18	08/01/2024	200m Interval Session	18-24	30 Secs	Steve.T	Practice pacing and improve speed endurance	18	10/01/2024	Time Trial #3	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
19	15/01/2024	600+400+200	3-5	60,45,60	Martin.S	Build aerobic and lactic thresholds. Increase pace on each repetition.	19	17/01/2024	1000m Interval Session	3-5	75	Paul.W	Speed endurance
20	22/01/2024	600m Interval Session	30mins	60	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels	20	24/01/2024	600m Interval Session	30mins	60	Steve.T	Build strength, endurance and work lactic and aerobic threshold levels
21	29/01/2024	1000m Interval Session	3-5	75	Paul.W	Speed endurance	21	31/01/2024	800m Interval Session	4-6	90 secs	Gary.M	Practice pacing and improve speed endurance
22	05/02/2024	500m Interval Session	6-10	60 secs	Rory.H	Improve lactic and aerobic threshold.	22	07/02/2024	Time Trial #4	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
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.	23	14/02/2024	Hills - Level 1 & 2 Arnside Road, W'Ville Level 2 & 3 Drayton Ln. Portsdown	8/9/10	Down	Gary.M Paul.W	Build strength and stamina. Build confidence to attack hills.
24	19/02/2024	1600m Interval Session	2-4	180	Gary.M	Build strength and speed endurance & practice pacing and concentration.	24	21/02/2024	400m Interval Session	8-12	45 secs	Martin.S	Improve aerobic conditioning and running economy
25	26/02/2024	600+400+200	3-5	60,45,60	Kirsty.A	Build aerobic and lactic thresholds. Increase pace on each repetition.	25	28/02/2024	200m Interval Session	18-24	30 Secs	Rory.H	Exercise fast twitch muscles and fibres. Improve lactic threshold
26	04/03/2024	400m + 200m+200m Interval Sets	6-8	45,25,45	Steve.T	Aerobic conditioning and finishing kick.	26	06/03/2024	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
27	11/03/2024	800m Interval Session	4-6	90 secs	Martin.S	Practice pacing and improve speed endurance	27	13/03/2024	600m Interval Session	30mins	60	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels
28	18/03/2024	400m Interval Session	8-12	45	Gemma.H	Speed endurance	28	20/03/2024	400m Interval Session	8-12	45 secs	Kirsty.A	Improve lactic and aerobic threshold.
29	25/03/2024	200m Interval Session	18-24	30 Secs	Angela.A	Exercise fast twitch muscles and fibres. Improve lactic 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