

Denmead Striders Winter Schedule 2023 -2024

| Week | Monday | Session 18.30 Start | Number | Recovery Seconds | Coach | Session Aim |
|------|------------|--------------------------------|--------|------------------|----------|---------------------------------------------------------------------------|
| 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 |