

Denmead Striders Winter Schedule 2023 -2024

Week	Wednesday	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim
25	28/02/2024	200m Interval Session	18-24	30 Secs	Paul.W	Exercise fast twitch muscles and fibres. Improve lactic threshold
26	06/03/2024	400m Interval Session or Time Trial #4 depending on pavement works.	8-12	45 secs	Kirsty.A	Improve lactic and aerobic threshold.
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	1200m Interval Session	2-4		Gary.M	Sustained effort, Strength endurance
29	27/03/2024	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200 or Time Trial # 5 depending on pavement works	1 Set	90 secs	Paul.W	Speed and stamina