

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
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	Paul.W	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	400m Interval Session or Time Trial #4 depending on pavement works.	8-12	45 secs	Kirsty.A	Improve lactic and aerobic threshold.
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	1200m Interval Session	2-4		Gary.M	Sustained effort, Strength endurance
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 or Time Trial # 5 depending on pavement works	1 Set	90 secs	Paul.W	Speed and stamina