

Denmead Striders Winter Schedule 2023 -2024

Week	Wednesday	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim
1	18/09/2024	800m Interval Session	4-6	90	Gary.M	Practice pacing and improve speed endurance
2	25/09/2024	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90	Paul.W	Speed and stamina
3	02/10/2024	400m Interval Session	8-12	45	Martin.S	Improve aerobic conditioning and running economy
4	09/10/2024	Hills - Level 1 & 2 Hurstville Drive Level 2 & 3 Drayton Ln. Portsdown	7/8/9	Down	Gary.M	Build strength and stamina. Build confidence to attack hills.
5	16/10/2024	Time Trial #1	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
6	23/10/2024	1000+600+400 Interval Session	3-5	75	Steve.T	Speed endurance
7	30/10/2024	400m Interval Session	8-12	45	Angela.A	Improve aerobic conditioning and running economy
8	06/11/2024	200m Interval Session	18-24	30	Rory.H	Finishing kick and exercise fast twitch muscles and fibres.
9	13/11/2024	Hills - Level 1 & 2 Hurstville Drive Level 2 & 3 Drayton Ln. Portsdown	7/8/9	Down	Gary.M	Build strength and stamina. Build confidence to attack hills.
10	20/11/2024	Time Trial #2	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
11	27/11/2024	Pyramid Set - Waterberry Drive	1,2,3,3,2,1	60,75,90,90,75,60	Kirsty.A	Raise aerobic threshold enabling faster running for longer
12	04/12/2024	800m Interval Session	4-6	90	Steve.T	Practice pacing and improve speed endurance
13	11/12/2024	Hills - Level 1 & 2 Hurstville Drive Level 2 & 3 Drayton Ln. Portsdown	8/9/10	Down	Rory.H Paul.W	Build strength and stamina. Build confidence to attack hills.
14	18/12/2024	Mince Pie Run - 450m Alternating Runner Parlauff	6-10	Alternating Runner	Angela.A	Burn off some calories before the Festive Season.
15	25/12/2024	Christmas Day - No Organised Session				
16	01/01/2025	200m Interval Session	18-24	30	Gary.M	Finishing kick and exercise fast twitch muscles and fibres.
17	08/01/2025	400m Interval Session	8-12	45	Martin.S	Improve aerobic conditioning and running economy
18	15/01/2025	Time Trial #3	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
19	22/01/2025	Hills - Level 1 & 2 Hurstville Drive Level 2 & 3 Drayton Ln. Portsdown	8/9/10	Down	Gary.M	Build strength and stamina. Build confidence to attack hills.
20	29/01/2025	Pyramid Set - Waterberry Drive	1,2,3,3,2,1	60,75,90,90,75,60	Rory.H	Raise aerobic threshold enabling faster running for longer
21	05/02/2025	800m Interval Session	4-6	90	Paul.W	Practice pacing and improve speed endurance
22	12/02/2025	Time Trial #4	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
23	19/02/2025	Hills - Level 1 & 2 Hurstville Drive Level 2 & 3 Drayton Ln. Portsdown	8/9/10	Down	Rory.H Paul.W	Build strength and stamina. Build confidence to attack hills.
24	26/02/2025	400m Interval Session	8-12	45 secs	Kirsty.A	Improve aerobic conditioning and running economy
25	05/03/2025	200m Interval Session	18-24	30	Angela.A	Finishing kick and exercise fast twitch muscles and fibres.
26	12/03/2025	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
27	19/03/2025	Hills - Level 1 & 2 Hurstville Drive Level 2 & 3 Drayton Ln. Portsdown	8/9/10	Down	Gary.M	Build strength and stamina. Build confidence to attack hills.
28	26/03/2025	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90	Martin.S	Speed and stamina