

Denmead Striders Winter Schedule 2024 -2025

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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	16/09/2024	500m Interval Session	6-10	60	Gary.M	Improve lactic and aerobic threshold.	1	18/09/2024	800m Interval Session	4-6	90	Gary.M	Practice pacing and improve speed endurance	
2	23/09/2024	400m + 200m+200m Interval Sets	4-6	45,25,45	Angela.A	Aerobic conditioning and finishing kick.	2	25/09/2024	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90	Paul.W	Speed and stamina	
3	30/09/2024	800+400+400 Interval Sets	2-4	75,45,75	Gemma.H	Build aerobic and lactic thresholds. Increase pace on each repetition.	3	02/10/2024	400m Interval Session	8-12	45	Martin.S	Improve aerobic conditioning and running economy	
4	07/10/2024	600m Interval Session	30mins	60	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels	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	14/10/2024	600+400+200	3-5	60,45,60	Rory.H	Build aerobic and lactic thresholds. Increase pace on each repetition.	5	16/10/2024	Time Trial #1	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.	
6	21/10/2024	400m Interval Session	8-12	45	Paul.W	Improve lactic and aerobic threshold.	6	23/10/2024	1000+600+400 Interval Session	3-5	75	Steve.T	Speed endurance	
7	28/10/2024	1600m Interval Session	2-4	180	Gary.M	Build strength and speed endurance & practice pacing and concentration.	7	30/10/2024	400m Interval Session	8-12	45	Angela.A	Improve aerobic conditioning and running economy	
8	04/11/2024	800+400+400 Interval Sets	2-4	75,45,75	Steve.T	Build aerobic and lactic thresholds. Increase pace on each repetition.	8	06/11/2024	200m Interval Session	18-24	30	Rory.H	Finishing kick and exercise fast twitch muscles and fibres.	
9	11/11/2024	600m Interval Session	6-10	60	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels	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	18/11/2024	500m Interval Session	6-10	60	Kirsty.A	Improve lactic and aerobic threshold.	10	20/11/2024	Time Trial #2	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.	
11	25/11/2024	200m Interval Session	18-24	30	Gemma.H	Finishing kick and exercise fast twitch muscles and fibres.	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	02/12/2024	800m Interval Session	4-6	90	Rory.H	Practice pacing and improve speed endurance	12	04/12/2024	800m Interval Session	4-6	90	Steve.T	Practice pacing and improve speed endurance	
13	09/12/2024	600+400+200	3-5	60,45,60	Martin.S	Build aerobic and lactic thresholds. Increase pace on each repetition.	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	16/12/2024	400m Interval Session	8-12	45	Paul.W	Raise aerobic threshold enabling faster running for longer	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	23/12/2024	800+400+400 Interval Sets	2-4	75,45,75	Kirsty.A	Build aerobic and lactic thresholds. Increase pace on each repetition.	15	25/12/2024	Christmas Day - No Organised Session					
16	30/12/2024	500m Interval Session	6-10	60	Gary.M	Improve lactic and aerobic threshold.	16	01/01/2025	200m Interval Session	18-24	30	Gary.M	Finishing kick and exercise fast twitch muscles and fibres.	
17	06/01/2025	1600m Interval Session	2-4	180	Steve.T	Build strength and speed endurance & practice pacing and concentration.	17	08/01/2025	400m Interval Session	8-12	45	Martin.S	Improve aerobic conditioning and running economy	
18	13/01/2025	800m Interval Session	4-6	90	Martin.S	Practice pacing and improve speed endurance	18	15/01/2025	Time Trial #3	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.	
19	20/01/2025	600+400+200	3-5	60,45,60	Angela.A	Build aerobic and lactic thresholds. Increase pace on each repetition.	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	27/01/2025	600m Interval Session	30mins	60	Paul.W	Build strength, endurance and work lactic and aerobic threshold levels	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	03/02/2025	200m Interval Session	18-24	30	Rory.H	Finishing kick and exercise fast twitch muscles and fibres.	21	05/02/2025	800m Interval Session	4-6	90	Paul.W	Practice pacing and improve speed endurance	
22	10/02/2025	500m Interval Session	6-10	60	Gemma.H	Improve lactic and aerobic threshold.	22	12/02/2025	Time Trial #4	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.	
23	17/02/2025	800+400+400 Interval Sets	2-4	75,45,75	Gary.M	Build aerobic and lactic thresholds. Increase pace on each repetition.	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	24/02/2025	1600m Interval Session	2-4	180	Martin.S	Build strength and speed endurance & practice pacing and concentration.	24	26/02/2025	400m Interval Session	8-12	45 secs	Kirsty.A	Improve aerobic conditioning and running economy	
25	03/03/2025	600+400+200	3-5	60,45,60	Steve.T	Build aerobic and lactic thresholds. Increase pace on each repetition.	25	05/03/2025	200m Interval Session	18-24	30	Angela.A	Finishing kick and exercise fast twitch muscles and fibres.	
26	10/03/2025	400m + 200m+200m Interval Sets	6-8	45,25,45	Kirsty.A	Aerobic conditioning and finishing kick.	26	12/03/2025	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.	
27	17/03/2025	800m Interval Session	4-6	90	Gemma.H	Practice pacing and improve speed endurance	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.	
29	31/03/2025	500m Interval Session	6-10	60	Angela.A	Exercise fast twitch muscles and fibres. Improve lactic threshold	28	26/03/2025	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90	Martin.S	Speed and stamina	