

**Denmead Striders Winter Schedule 2024 -2025**

<b>Week</b>	<b>Monday</b>	<b>Session 18.30 Start</b>	<b>Number</b>	<b>Recovery Seconds</b>	<b>Coach</b>	<b>Session Aim</b>
1	16/09/2024	500m Interval Session	6-10	60	Gary.M	Improve lactic and aerobic threshold.
2	23/09/2024	400m + 200m+200m Interval Sets	4-6	45,25,45	Angela.A	Aerobic conditioning and finishing kick.
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.
4	07/10/2024	600m Interval Session	30mins	60	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels
5	14/10/2024	600+400+200	3-5	60,45,60	Rory.H	Build aerobic and lactic thresholds. Increase pace on each repetition.
6	21/10/2024	400m Interval Session	8-12	45	Paul.W	Improve lactic and aerobic threshold.
7	28/10/2024	1600m Interval Session	2-4	180	Gary.M	Build strength and speed endurance & practice pacing and concentration.
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.
9	11/11/2024	600m Interval Session	6-10	60	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels
10	18/11/2024	500m Interval Session	6-10	60	Kirsty.A	Improve lactic and aerobic threshold.
11	25/11/2024	200m Interval Session	18-24	30	Gemma.H	Finishing kick and exercise fast twitch muscles and fibres.
12	02/12/2024	800m Interval Session	4-6	90	Rory.H	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.
14	16/12/2024	400m Interval Session	8-12	45	Paul.W	Raise aerobic threshold enabling faster running for longer
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.
16	30/12/2024	500m Interval Session	6-10	60	Gary.M	Improve lactic and aerobic threshold.
17	06/01/2025	1600m Interval Session	2-4	180	Steve.T	Build strength and speed endurance & practice pacing and concentration.
18	13/01/2025	800m Interval Session	4-6	90	Martin.S	Practice pacing and improve speed endurance
19	20/01/2025	600+400+200	3-5	60,45,60	Angela.A	Build aerobic and lactic thresholds. Increase pace on each repetition.
20	27/01/2025	600m Interval Session	30mins	60	Paul.W	Build strength, endurance and work lactic and aerobic threshold levels
21	03/02/2025	200m Interval Session	18-24	30	Rory.H	Finishing kick and exercise fast twitch muscles and fibres.
22	10/02/2025	500m Interval Session	6-10	60	Gemma.H	Improve lactic and aerobic threshold.
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.
24	24/02/2025	1600m Interval Session	2-4	180	Martin.S	Build strength and speed endurance & practice pacing and concentration.
25	03/03/2025	600+400+200	3-5	60,45,60	Steve.T	Build aerobic and lactic thresholds. Increase pace on each repetition.
26	10/03/2025	400m + 200m+200m Interval Sets	6-8	45,25,45	Kirsty.A	Aerobic conditioning and finishing kick.
27	17/03/2025	800m Interval Session	4-6	90	Gemma.H	Practice pacing and improve speed endurance
29	31/03/2025	500m Interval Session	6-10	60	Angela.A	Exercise fast twitch muscles and fibres. Improve lactic threshold