

Denmead Striders Winter Schedule 2024 -2025

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Monday	Session 18.30 Start	Number	Recovery Seconds	Coach	Session Aim	Week	Wednesday	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim
10/03/2025	400m + 200m+200m Interval Sets	6-8	45,25,45	Kirsty.A	Aerobic conditioning and finishing kick.	26	12/03/2025	Fartlek (800+400)	2-4	N/A	Gary.M	Speed, change of pace and stamina
17/03/2025	800m Interval Session	4-6	90	Gemma.H	Practice pacing and improve speed endurance	27	19/03/2025	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training
24/03/2025	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,	1 Set	90	Martin.S	Speed and stamina