

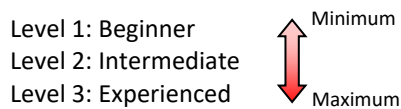
Denmead Striders Winter Schedule Update – 2026/2027

Welcome to the 2026-2027 winter schedule with the Denmead Striders. Both the sessions will start at the Waterlooville Swimming Pool, Waterberry Drive unless otherwise stated. The start time of the Monday session will be 18.30, the main club night session on Wednesday will start at 19.00. This year sees the trial of a new hill venue located at Marrelsmoor Avenue on the Berewood Estate. Details are given later in the introduction.

The sessions will be a mixture of speed work, stamina and sustained running. The schedule can be used to supplement your winter training in preparation for a spring marathon. Each session will be approximately 5K not including the warm up/warm down. Please factor this in to your session if you plan to run to and from the venues.

- Intervals/Speed Meeting Point = Waterlooville Swimming Pool.
- Intervals/Speed Venue = Berewood Estate.
- Hills = Drayton Lane (Level 1, 2 & 3)
- 5K Time Trial = Out and back to the Berewood Estate.

One of the unique aspects of the club is everyone trains together whatever your running experience. Whilst the schedule only shows a minimum and maximum number of repetitions, as a guideline the level groups are shown below.



The winter session includes time trial runs these can be used to progressively measure your fitness as well as provide race practice.

Your body needs to train in order to become accustomed to the faster pace of speed work. Listen carefully to the coaches, run at the pace directed and take the full recovery specified. During the rest interval, it is important to keep moving to prevent muscles getting cold and causing injury.

For the winter sessions it is important to dress appropriately for the conditions, especially when the weather turns colder. Remember you can always take layers off if you get warm. Some sessions may have longer recovery periods, it may be necessary to put an extra layer on to keep warm whilst waiting for the next repetition.

During the darker evenings it also requested that members wear light coloured reflective clothing or a reflective vest during the session. **No dark clothing please.**

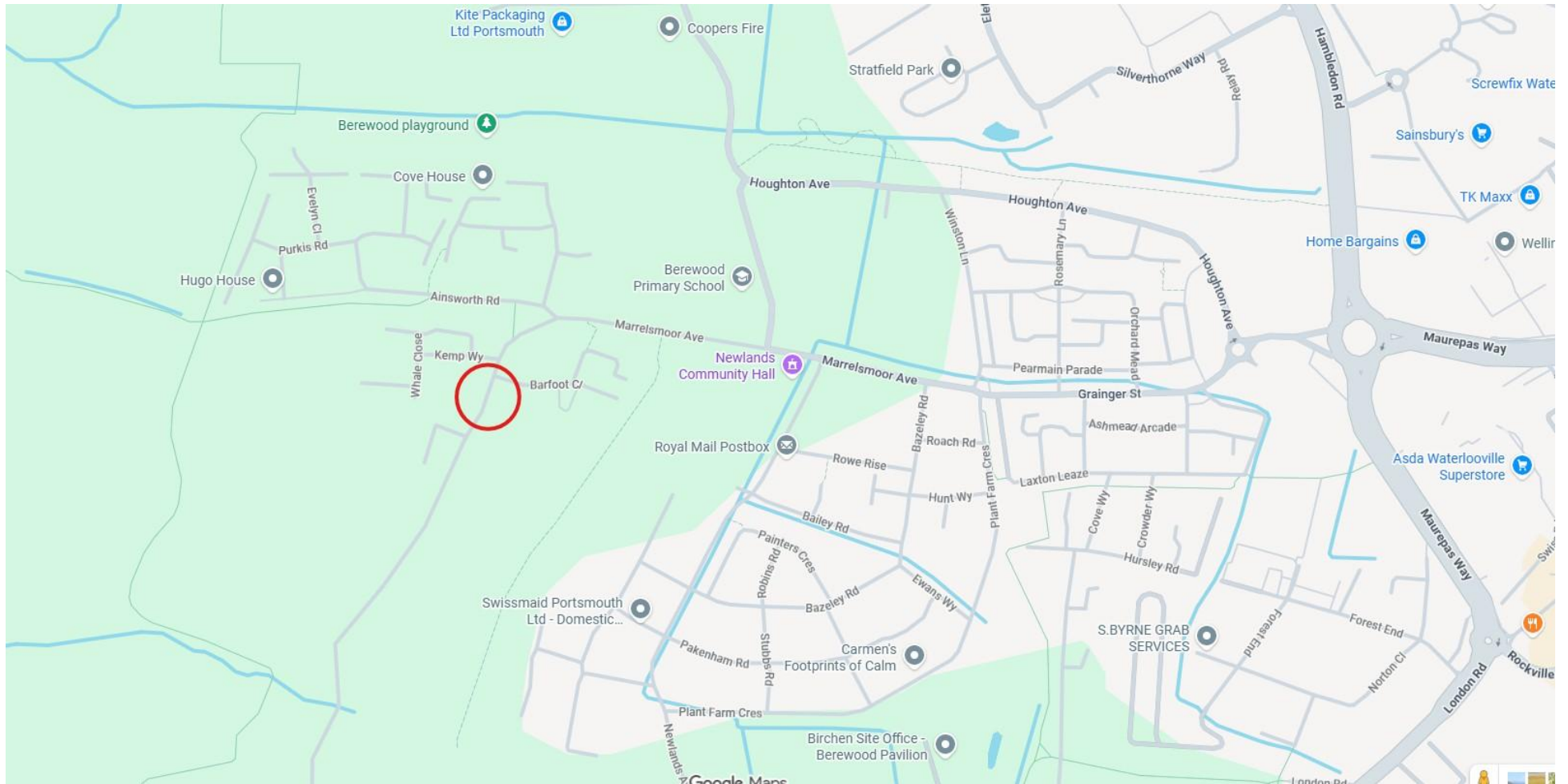
During the winter, weather conditions may force the coaches to adapt or change the session to suit. In some extreme cases it may be necessary to cancel the session completely at short notice, as conditions may be unsafe. Please respect the coaches' decision to adapt or cancel a session, it is done with your safety in mind. Any members who continue with a session after a notification of cancellation do so at their own risk and will not be insured under our England Athletics policy if a qualified coach/run leader is not present.

Over the winter period there may be ongoing pavement work being carried out on the Berewood Estate. This may result in a session being adapted to suit the circumstances. Also, the construction of a new retail park along Elettra Avenue may impact the time trial sessions.

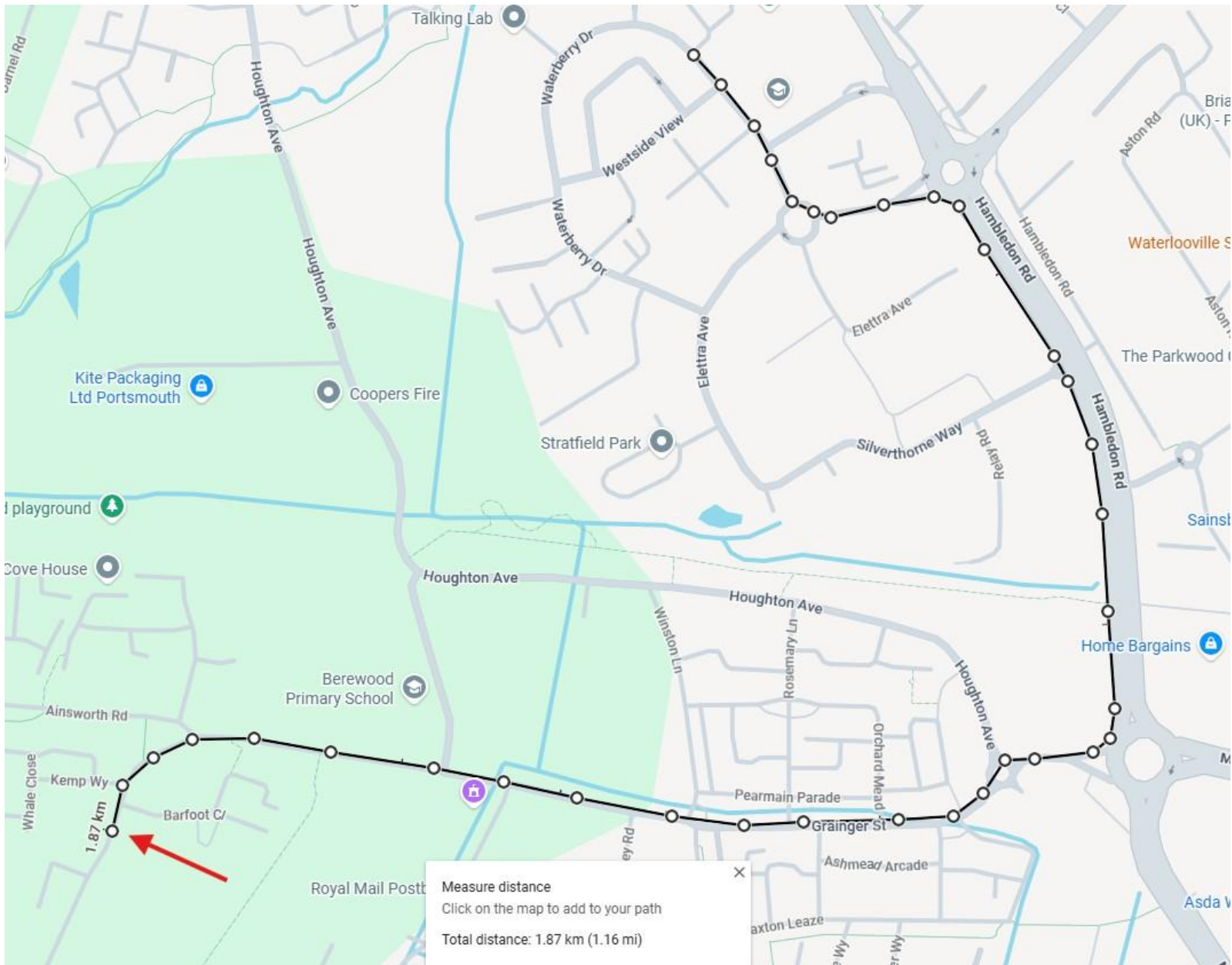
Winter Training 2026/27 – Hill Venue

The winter schedule for 2026-2027 will see the introduction of a new venue for the hill session. This new venue will allow the club to train together and hopefully bring back those members who didn't want to train on the Drayton Lane hill. The venue will be trialled to see if it can cope with the number Striders taking part, again, if it gets too congested, we may have to split out to two hills again. The venue is located at the back of Berewood along Marrelswood Avenue which is approximately 1.2 miles from the pool, so all runners will get a good warm up. The plan is to go back down to one coach, if we do have to split again then two coaches will be required.

The hill has an easy to medium incline and the schedule plans for a steady increase over the winter. Initial thoughts are we use right hand side if you look up the hill, the left-hand side is a bit narrow. We start the hill just past the houses to avoid footfall noise and disturbance. The pavement is wide enough to accommodate runners and the road is quiet enough to move onto the road to overtake if needed.



Marrelmoor Avenue Hill Venue – Highlighted by a red circle.



Marreismoor Avenue Hill Venue – Warm Up Route.

Time Trial route - 4 * 1250m circuits 2 out and 2 back. Starting and finishing in Silverthorne Way



Finally, we hope you enjoy the winter schedule this year and we look forward to receiving any feedback you may have.