

Denmead Striders Winter Schedule 2026 - 2027

| Week | Wednesday  | Session 19.00 Start                                         | Number              | Recovery Seconds      | Coach    | Session Aim                                                              |
|------|------------|-------------------------------------------------------------|---------------------|-----------------------|----------|--------------------------------------------------------------------------|
| 1    | 16/09/2026 | 1200m Interval Session                                      | 3-5                 | 150                   | Martin.S | Build strength, endurance.                                               |
| 2    | 23/09/2026 | 400/200/200 Interval Session                                | 4-6                 | 60/30/30              | Gary.M   | Improve lactic and aerobic threshold. Build up finishing speed.          |
| 3    | 30/09/2026 | 800m Interval Session                                       | 4-6                 | 90                    | Steve.T  | Practice pacing and improve speed endurance.                             |
| 4    | 07/10/2026 | Hills - Marrelsmoor Avenue                                  | 7/8/9               | Down                  | Gary.M   | Build strength and stamina. Build confidence to attack hills.            |
| 5    | 14/10/2026 | Time Trial #1                                               | 5K                  |                       | Julia.R  | Sustained effort, race practice and use to monitor training progression. |
| 6    | 21/10/2026 | 200m Interval Session                                       | 18-24               | 30                    | Angela.A | Finishing kick and exercise fast twitch muscles and fibres.              |
| 7    | 28/10/2026 | 600m Intervals for 30 mins including the recovery.          | As many as you can. | 60                    | Kirsty.A | Build strength, endurance and work lactic and aerobic threshold levels   |
| 8    | 04/11/2026 | Train Like Mo Farah<br>1600, 1200, 1000, 800, 600, 400, 200 | 1 Set               | 90                    | Paul.W   | Speed an Stamina                                                         |
| 9    | 11/11/2026 | Hills - Marrelsmoor Avenue                                  | 7/8/9               | Down                  | Rory.H   | Build strength and stamina. Build confidence to attack hills.            |
| 10   | 18/11/2026 | Time Trial #2                                               | 5K                  |                       | Julia.R  | Sustained effort, race practice and use to monitor training progression. |
| 11   | 25/11/2026 | 200m Interval Session                                       | 18-24               | 30                    | Angela.A | Finishing kick and exercise fast twitch muscles and fibres.              |
| 12   | 02/12/2026 | 800m Interval Session                                       | 4-6                 | 90                    | Gary.M   | Practice pacing and improve speed endurance.                             |
| 13   | 09/12/2026 | Hills - Marrelsmoor Avenue                                  | 8/9/10              | Down                  | Paul.W   | Build strength and stamina. Build confidence to attack hills.            |
| 14   | 16/12/2026 | Mince Pie Run - 450m Alternating<br>Runner Parlauff         | 6-10                | Alternating<br>Runner | Angela.A | Burn off some calories before the Festive Season.                        |
| 15   | 23/12/2026 |                                                             |                     |                       | Gary.M   |                                                                          |
| 16   | 30/12/2026 | Fartlek 800 + 400                                           | 3-5                 | 400m                  | Gary.M   | All round conditioning. Practice a change of pace.                       |
| 17   | 06/01/2027 | 400m Interval Session                                       | 6-12                | 45                    | Rory.H   | Improve aerobic conditioning and running economy                         |
| 18   | 13/01/2027 | Time Trial #3                                               | 5K                  |                       | Julia.R  | Sustained effort, race practice and use to monitor training progression. |
| 19   | 20/01/2027 | Hills - Marrelsmoor Avenue                                  | 8/9/10              | Down                  | Kirsty.A | Build strength and stamina. Build confidence to attack hills.            |
| 20   | 27/01/2027 | 400/200/200 Interval Session                                | 4-8                 | 45/30/30              | Angela.A | Improve lactic and aerobic threshold. Build up finishing speed.          |
| 21   | 03/02/2027 | 1200m Interval Session                                      | 2-4                 | 400m                  | Gary.M   | Build strength, endurance.                                               |
| 22   | 10/02/2027 | Time Trial #4                                               | 5K                  |                       | Julia.R  | Sustained effort, race practice and use to monitor training progression. |
| 23   | 17/02/2027 | Hills - Marrelsmoor Avenue                                  | 10/10/10            | Down                  | Oliver.C | Build strength and stamina. Build confidence to attack hills.            |
| 24   | 24/02/2027 | 200m Interval Session                                       | 18-24               | 30                    | Martin.S | Finishing kick and exercise fast twitch muscles and fibres.              |
| 25   | 03/03/2027 | 600m Intervals for 30 mins including the recovery.          | As many as you can. | 60                    | Steve.T  | Build strength, endurance and work lactic and aerobic threshold levels   |
| 26   | 10/03/2027 | Time Trial #5                                               | 5K                  |                       | Julia.R  | Sustained effort, race practice and use to monitor training progression. |
| 27   | 17/03/2027 | Hills - Marrelsmoor Avenue                                  | 10/10/10            | Down                  | Angela.A | Build strength and stamina. Build confidence to attack hills.            |
| 28   | 24/03/2027 | 500m Interval Session                                       | 5-10                | 60                    | Steve.T  | Improve aerobic conditioning and running economy                         |