

Denmead Striders Winter Schedule 2026 - 2027

Week	Monday	Session 18.30 Start	Number	Recovery Seconds	Coach	Session Aim
1	14/09/2026	400m Interval Session	6-12	45	Angela.A	Improve aerobic conditioning and running economy
2	21/09/2026	800m Interval Session Run each 800m faster than the previous	4-8	90	Steve.T	Practice pacing and improve speed endurance Aim for 2-5 secs per repetition.
3	28/09/2026	600/400/200m Interval Session	3-5	60/45/60	Paul.W	Build aerobic and lactic thresholds. Increase pace on each repetition.
4	05/10/2026	400m Interval Session	6-12	45	Rory.H	Improve aerobic conditioning and running economy
5	12/10/2026	600m Interval Session	6-10	75	Oliver.C	Build strength, endurance and work lactic and aerobic threshold levels
6	19/10/2026	800m Interval Session	4-6	90	Gemma.H	Practice pacing and improve speed endurance Aim for 2-5 secs per repetition.
7	26/10/2026	800/400/400m Interval Session	2-4	75/45/75	Gary.M	Build aerobic and lactic thresholds. Increase pace on each repetition.
8	02/11/2026	400m Interval Session	6-12	45	Martin.S	Improve aerobic conditioning and running economy
9	09/11/2026	1000m Interval Session - Run each 1K faster than the previous	4-6	120	Angela.A	Practice pacing and improve speed endurance Aim for 2-5 secs per repetition.
10	16/11/2026	1600m Interval Session	2-4	180	Gemma.H	Build strength and speed endurance & practice pacing and concentration.
11	23/11/2026	600m Interval Session	6-10	75	Oliver.C	Build strength, endurance and work lactic and aerobic threshold levels
12	30/11/2026	400m + 200m Interval Sets	6-8	45	Steve.T	Aerobic conditioning and finishing kick.
13	07/12/2026	500m Interval Session	6-10	60 secs	Martin.S	Improve lactic and aerobic threshold.
14	14/12/2026	200m + 200m Interval Set	10-12	30secs,45 secs	Kirsty.A	Exercise fast twitch muscles and fibres. Improve lactic threshold
15	21/12/2026	600/400/200m Interval Session	3-5	60,45,60	Gary.M	Build aerobic and lactic thresholds. Increase pace on each repetition.
16	28/12/2026	Pyramid - Small Pool Circuit	1,2,3,3,2,1	60,75,90,90,75,60	Gary.M	Raise aerobic threshold enabling faster running for longer
17	04/01/2027	800+400+400 Interval Sets	2-4	75,45,75	Gemma.H	Build aerobic and lactic thresholds. Increase pace on each repetition.
18	11/01/2027	1600m Interval Session	2-4	180	Oliver.C	Build strength and speed endurance & practice pacing and concentration.
19	18/01/2027	400m + 200m Interval Sets	6-8	45	Rory.H	Aerobic conditioning and finishing kick.
20	25/01/2027	600+400+200m Interval Sets	3-5	60,45,60	Paul.W	Build aerobic and lactic thresholds. Increase pace on each repetition.
21	01/02/2027	400m Interval Session	10-14	45	Martin.S	Improve aerobic conditioning and running economy
22	08/02/2027	800m Interval Session Run each 800m faster than the previous	6-8	90	Steve.T	Practice pacing and improve speed endurance Aim for 2-5 secs per repetition.
23	15/02/2027	1200m Interval Session	3-5	150	Paul.W	Build strength, endurance.
24	22/02/2027	400/200/200m Interval Session	4-8	45/30/30	Kirsty.A	Improve lactic and aerobic threshold. Build up finishing speed.
25	01/03/2027	1600m Interval Session	3-5	180	Rory.H	Build strength and speed endurance & practice pacing
26	08/03/2027	800m Interval Session	6-8	90	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT
27	15/03/2027	1000m Interval Session	4-6	120	Angela.A	Build strength, endurance and work lactic and aerobic threshold levels
28	22/03/2027	200m Interval Sessions	18-24	30	Kirsty.A	Finishing kick and exercise fast twitch muscles and fibres.

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 - Marreelsmoor 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 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90	Paul.W	Speed an Stamina
9	11/11/2026	Hills - Marreelsmoor 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 - Marreelsmoor 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 Runner Parlauff	6-10	Alternating Runner	Angela.A	Burn off some calories before the Festive Season.
15	23/12/2026	600m Interval Session	6-10	75	Gary.M	Build strength, endurance and work lactic and aerobic threshold levels
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 - Marreelsmoor 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 - Marreelsmoor 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 - Marreelsmoor 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