

**Denmead Striders Winter Schedule 2018 -2019**

Monday	Session 18.30 Start	Number	Recovery Seconds	Coach	Session Aim	Wednesday	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim
17/09/2018	400m Interval Session	6-12	45	Steve.T	Improve aerobic conditioning and running economy	19/09/2018	Fartlek 5K	2S-/2F		Martin.S	Improve all round conditioning and practice change of pace.
24/09/2018	800m Interval Session	6-8	90	Gary.M	Practice pacing and improve speed endurance	26/09/2018	600m Intervals	6-10	60	Gary.M	Improve lactic and aerobic threshold
01/10/2018	1200m Interval Session	2-4	120	Paul.W	Build strength & speed endurance.	03/10/2018	400m Intervals	8-12	45	Rory.H	Improve aerobic conditioning and running economy
08/10/2018	800m Interval Session	6-8	90	Martin.S	Practice pacing and improve speed endurance	10/10/2018	Time Trial #1	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
15/10/2018	400m Interval Session	6-12	45	Kirsty.B	Improve aerobic conditioning and running economy	17/10/2018	800m/400m/400m Sets	3-5	60/45/45	Kirsty.B	Improve lactic and aerobic threshold
22/10/2018	1000m Interval Session	3-5	105	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels	24/10/2018	200m Intervals	16-20	20	Paul.W	Exercise fast twitch muscle fibres
29/10/2018	Fartlek 5K	1S/2F	60	Steve.T	Improve all round conditioning and practice change of pace.	31/10/2018	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9	Down	Peter.M	Build strength and stamina. Build confidence to attack hills.
05/11/2018	1200m/600m/600m	1-3	60/Rep 120/Set	Gary.M	Improve speed endurance and finishing kick.	07/11/2018	1600m Intervals	3-5	180	Martin.S	Build strength and speed endurance & practice pacing
12/11/2018	400m Interval Session	6-12	45	Kirsty.B	Improve aerobic conditioning and running economy	14/11/2018	600m Intervals	6-10	60	Steve.T	Improve lactic and aerobic threshold
19/11/2018	800m/400m/400m Sets	3-5	45/Rep 90/Set	Angela.A	Improve lactic and aerobic threshold	21/11/2018	Time Trial #2	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
26/11/2018	600m Interval Session	6-10	60	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels	28/11/2018	400m Intervals	8-12	45	Angela.A	Improve aerobic conditioning and running economy
03/12/2018	1000m Interval Session	3-5	105	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels	05/12/2018	200m Intervals	10-20	30	Rory.H	Exercise fast twitch muscle fibres
10/12/2018	Fartlek 5K	1S/2F	60	Paul.W	Improve all round conditioning and practice change of pace.	12/12/2018	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9	Down	Peter.M	Build strength and stamina. Build confidence to attack hills.
17/12/2018	400m Interval Session	8-14	45	Steve.T	Improve aerobic conditioning and running economy	19/12/2018	Mince Pie Run - 450m Parlauff	6-10	Alternating Runner	Paul.W	Burn off some calories before the Festive Season ☺ Run in pairs alternating the repetition.
24/12/2018	800m Interval Session	8-10	90	Gary.M	Practice pacing and improve speed endurance	26/12/2018	No organised session				
31/12/2018	1200m Interval Session	3-6	120	Kirsty.B	Build strength & speed endurance.	02/01/2019	800m Intervals	4-8	90	Gary.M	Exercise fast twitch muscle fibres
07/01/2019	800m Interval Session	8-10	90	Angela.A	Practice pacing and improve speed endurance	09/01/2019	1600m Intervals	4-6	180	Kirsty.B	Build strength and speed endurance & practice pacing
14/01/2019	400m Interval Session	10-16	45	Rory.H	Improve aerobic conditioning and running economy	16/01/2019	Time Trial #3	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
21/01/2019	1000m Interval Session	4-6	105	Paul.W	Build strength, endurance and work lactic and aerobic threshold levels	23/01/2019	800m/400m/400m Sets	4-6	60/45/45	Rory.H	Improve lactic and aerobic threshold
28/01/2019	Fartlek 5K	1S/2F	60	Gary.M	Improve all round conditioning and practice change of pace.	30/01/2019	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/9/10	Down	Peter.M	Build strength and stamina. Build confidence to attack hills.
04/02/2019	400m/200m/200m	8-10	30/Rep 45/Set	Steve.T	Exercise fast twitch muscle fibres and improve lactic and aerobic threshold	06/02/2019	200m Intervals	12-24	20	Martin.S	Exercise fast twitch muscle fibres
11/02/2019	800m Interval Session	8-10	90	Martin.S	Practice pacing and improve speed endurance	13/02/2019	Time Trial #4	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
18/02/2019	400m/200m/200m	8-10	30/Rep 45/Set	Angela.A	Exercise fast twitch muscle fibres and improve lactic and aerobic threshold	20/02/2019	1200m Intervals	4-6	120	Angela.A	Build strength & speed endurance.
25/02/2019	1600m Intervals	4-6	180	Kirsty.B	Build strength and speed endurance & practice pacing	27/02/2019	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/9/10	Down	Peter.M	Build strength and stamina. Build confidence to attack hills.
04/03/2019	400m Interval Session	10-16	45	Rory.H	Improve aerobic conditioning and running economy	06/03/2019	600m Intervals	8-12	60	Gary.M	Improve lactic and aerobic threshold
11/03/2019	800m Interval Session	8-10	90	Paul.W	Practice pacing and improve speed endurance	13/03/2019	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
18/03/2019	1200m Interval Session	5-7	120	Gary.M	Build strength & speed endurance.	20/03/2019	400m Intervals	12-16	45	Steve.T	Improve aerobic conditioning and running economy
25/03/2019	Fartlek 5K	1S/2F	60	Angela.A	Improve all round conditioning and practice change of pace.	27/03/2019	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina