

## Denmead Striders Winter Schedule – 2019/2020

Welcome to the 2019-2020 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. There will be no organised session on Christmas Day. However, some members do organise a Christmas Morning run so watch out for those and there is always a Christmas parkrun event held within local area.

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'

- Intervals/Speed Meeting Point = Waterlooville Swimming Pool.
- Intervals/Speed Venue = Berewood Estate.
- Hills = Arnside Road (Level 1) and Hurstville Drive (Level 2)
- 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.

Level 1: Beginner  
Level 2: Intermediate  
Level 3: Experienced



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

The ongoing factory works and the building work to supply the infrastructure means the 5K time trial route has been modified to suit. If the route does become available within the winter period the club will revert back to the original route. The new route will comprise of 4 \* 1250m circuits 2 out and 2 back. Starting and finishing in Silverthorne Way, the outward turn-a-round point will be at the layby along the Berewood path. There will be a marshal at the outward turning point. A map of the route is shown the second page.

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 maybe 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.

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

**Revised time trial route - 4 \* 1250m circuits 2 out and 2 back. Starting and finishing in Silverthorne Way**

