

## Denmead Striders Winter Schedule 2019 -2020

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| Monday     | Session 18.30 Start  | Number | Recovery Seconds | Coach    | Session Aim   | Week | Wednesday  | Session 19.00 Start  | Number | Recovery Seconds   | Coach    | Session Aim  |
|------------|--|--------|------------------|----------|---|------|------------|--|--------|--------------------|----------|--|
| 16/09/2019 | 800m Interval Session  | 4-6    | 75               | Gary.M   | Practice pacing and improve speed endurance                                     | 1    | 18/09/2019 | 1000m Interval Session   | 2-4    | 90                 | Gary.M   | Build strength, endurance and work lactic and aerobic threshold levels                         |
| 23/09/2019 | 1200m Interval Session   | 2-4    | 105              | Paul.W   | Build strength & speed endurance.   | 2    | 25/09/2019 | 600m Interval Session  | 4-8    | 60                 | Martin.S | Build strength, endurance and work lactic and aerobic threshold levels                         |
| 30/09/2019 | 600/400/200  | 2-4    | 60/45/60         | Steve.T  | Build aerobic and lactic thresholds.Increase pace on each repetition.           | 3    | 02/10/2019 | 400m Interval Session  | 6-12   | 45                 | Rory.H   | Improve aerobic conditioning and running economy   |
| 07/10/2019 | 1000m Interval Session   | 2-4    | 90               | Martin.S | Build strength, endurance and work lactic and aerobic threshold levels          | 4    | 09/10/2019 | Hills - Level 1 & 2 Arnside Road<br>Level 2 & 3 Hurstville Drive                 | 7/8/9  | Down               | Gary.M   | Build strength and stamina. Build confidence to attack hills.                                  |
| 14/10/2019 | 400m Interval Session  | 6-12   | 45               | Kirsty.B | Improve aerobic conditioning and running economy                                | 5    | 16/10/2019 | Time Trial #1  | 5K     |                    | Julia.R  | Sustained effort, race practice and use to monitor training progression.                       |
| 21/10/2019 | 600m Interval Session  | 4-8    | 60               | Rory.H   | Build strength, endurance and work lactic and aerobic threshold levels          | 6    | 23/10/2019 | 600/400/200  | 2-4    | 60/45/60           | Kirsty.B | Build aerobic and lactic thresholds. Increase pace on each repetition.                         |
| 28/10/2019 | 800m Interval Session - Negative Nelly<br>Run each 800m faster than the previous | 4-6    | 75               | Steve.T  | Practice pacing and improve speed endurance<br>Aim for 2-5 secs per repetition. | 7    | 30/10/2019 | 1200m Interval Session   | 2-4    | 105                | Paul.W   | Build strength & speed endurance.  |
| 04/11/2019 | 600m Interval Session  | 4-8    | 60               | Gary.M   | Build strength, endurance and work lactic and aerobic threshold levels          | 8    | 06/11/2019 | 1600m Interval Session   | 2-4    | 180                | Angela.A | Build strength and speed endurance & practice pacing and concentration.                        |
| 11/11/2019 | 1000m Interval Session   | 2-4    | 90               | Kirsty.B | Build strength, endurance and work lactic and aerobic threshold levels          | 9    | 13/11/2019 | 800m Interval Session - Negative Nelly<br>Run each 800m faster than the previous | 4-6    | 75                 | Martin.S | Practice pacing and improve speed endurance<br>Aim for 2-5 secs per repetition.                |
| 18/11/2019 | 400m Interval Session  | 6-12   | 45               | Angela.A | Improve aerobic conditioning and running economy                                | 10   | 20/11/2019 | Time Trial #2  | 5K     |                    | Julia.R  | Sustained effort, race practice and use to monitor training progression.                       |
| 25/11/2019 | 1200/600/600   | 2-4    | 60/60/120        | Martin.S | Build aerobic and lactic thresholds. Increase pace on each repetition.          | 11   | 27/11/2019 | Hills - Level 1 & 2 Arnside Road<br>Level 2 & 3 Hurstville Drive                 | 7/8/9  | Down               | Gary.M   | Build strength and stamina. Build confidence to attack hills.                                  |
| 02/12/2019 | 600m Interval Session  | 6-10   | 60               | Rory.H   | Build strength, endurance and work lactic and aerobic threshold levels          | 12   | 04/12/2019 | 400m Interval Session  | 6-12   | 45                 | Steve.T  | Improve aerobic conditioning and running economy   |
| 09/12/2019 | 1000m Interval Session - Negative Nelly<br>Run each 1K faster than the previous  | 4-6    | 75               | Paul.W   | Practice pacing and improve speed endurance<br>Aim for 2-5 secs per repetition. | 13   | 11/12/2019 | 500/500/400/400/200/200  | 1-3    | 60/60/45/45/25/180 | Paul.W   | Build aerobic and lactic thresholds.   |
| 16/12/2019 | 400m Interval Session  | 6-12   | 45               | Steve.T  | Improve aerobic conditioning and running economy                                | 14   | 18/12/2019 | Mince Pie Run - 450m Parlauff  | 6-10   | Alternating Runner | Angela.A | Burn off some calories before the Festive Season ☺<br>Run in pairs alternating the repetition. |
| 23/12/2019 | 1600m Interval Session   | 2-4    | 180              | Gary.M   | Build strength and speed endurance & practice pacing and concentration.         | 15   | 25/12/2019 | No organised session   |        |                    |          |  |
| 30/12/2019 | 800/400/400  | 2-4    | 75/45/75         | Kirsty.B | Build aerobic and lactic thresholds. Increase pace on each repetition.          | 16   | 01/01/2020 | 400m Interval Session  | 6-12   | 45                 | Gary.M   | Improve aerobic conditioning and running economy   |
| 06/01/2020 | 1000m Intervals  | 2-4    | 90               | Angela.A | Build strength, endurance and work lactic and aerobic threshold levels          | 17   | 08/01/2020 | Hills - Level 1 & 2 Arnside Road<br>Level 2 & 3 Hurstville Drive                 | 8/9/10 | Down               | Gary.M   | Build strength and stamina. Build confidence to attack hills.                                  |
| 13/01/2020 | 400m Interval Session  | 6-12   | 45               | Rory.H   | Improve aerobic conditioning and running economy                                | 18   | 15/01/2020 | Time Trial #3  | 5K     |                    | Julia.R  | Sustained effort, race practice and use to monitor training progression.                       |
| 20/01/2020 | 500m Intervals   | 6-10   | 60               | Paul.W   | Build aerobic and lactic thresholds.  | 19   | 22/01/2020 | 400m Interval Session  | 6-12   | 45                 | Rory.H   | Improve aerobic conditioning and running economy   |
| 27/01/2020 | 800m Interval Session - Negative Nelly<br>Run each 800m faster than the previous | 4-8    | 75               | Gary.M   | Practice pacing and improve speed endurance<br>Aim for 2-5 secs per repetition. | 20   | 29/01/2020 | 1600m Interval Session   | 2-4    | 180                | Martin.S | Build strength and speed endurance & practice pacing and concentration.                        |
| 03/02/2020 | 600/400/200  | 3-5    | 60/45/60         | Steve.T  | Build aerobic and lactic thresholds. Increase pace on each repetition.          | 21   | 05/02/2020 | 500/500/400/400/200/200  | 1-3    | 60/60/45/45/25/180 | Angela.A | Build aerobic and lactic thresholds.   |
| 10/02/2020 | 400m Interval Session  | 6-12   | 45               | Martin.S | Improve aerobic conditioning and running economy                                | 22   | 12/02/2020 | Time Trial #4  | 5K     |                    | Julia.R  | Sustained effort, race practice and use to monitor training progression.                       |
| 17/02/2020 | 600m Interval Session  | 6-10   | 60               | Angela.A | Build strength, endurance and work lactic and aerobic threshold levels          | 23   | 19/02/2020 | Hills - Level 1 & 2 Arnside Road<br>Level 2 & 3 Hurstville Drive                 | 8/9/10 | Down               | Gary.M   | Build strength and stamina. Build confidence to attack hills.                                  |
| 24/02/2020 | 800m Interval Session  | 4-6    | 75               | Kirsty.B | Practice pacing and improve speed endurance                                     | 24   | 26/02/2020 | 800m Interval Session - Negative Nelly<br>Run each 800m faster than the previous | 4-8    | 75                 | Steve.T  | Practice pacing and improve speed endurance<br>Aim for 2-5 secs per repetition.                |
| 02/03/2020 | 800/400/400  | 2-4    | 75/45/75         | Rory.H   | Build aerobic and lactic thresholds. Increase pace on each repetition.          | 25   | 04/03/2020 | 600m Interval Session  | 6-12   | 60                 | Kirsty.B | Build strength, endurance and work lactic and aerobic threshold levels                         |
| 09/03/2020 | 400m Interval Session  | 6-12   | 45               | Paul.W   | Improve aerobic conditioning and running economy                                | 26   | 11/03/2020 | Time Trial #5  | 5K     |                    | Julia.R  | Sustained effort, race practice and use to monitor training progression.                       |
| 16/03/2020 | 1000m Interval Session - Negative Nelly<br>Run each 1K faster than the previous  | 4-6    | 75               | Gary.M   | Practice pacing and improve speed endurance<br>Aim for 2-5 secs per repetition. | 27   | 18/03/2020 | 800/400/400  | 2-5    | 75/45/75           | Rory.H   | Build aerobic and lactic thresholds. Increase pace on each repetition.                         |
| 23/03/2020 | 1600m Interval Session   | 2-4    | 180              | Angela.A | Build strength and speed endurance & practice pacing and concentration.         | 28   | 25/03/2020 | Train Like Mo Farah<br>1600, 1200, 1000, 800, 600, 400, 200                      | 1 Set  | 90 secs            | Paul.W   | Speed and stamina  |