

Denmead Striders Winter Schedule 2016 -2017

Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
19/09/2016	600m Interval Session	6-8	Jog/Walk	Gary.M	Improve lactic and aerobic threshold	21/09/2016	1000m/300m	3-5	1 min / rep 2 min / set	Gary.M	Build strength, endurance and work lactic and aerobic threshold levels
26/09/2016	400m Interval Session	6-10	45 secs - 60 secs	Martin.S	Improve aerobic conditioning and running economy	28/09/2016	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9 mins	Downhill	Peter.M Graham.B	Build strength and stamina. Build confidence to attack hills
03/10/2016	200m Interval Session	12-20	30 secs - 45 secs	Graham.B	Sharpen speed and finishing kick	05/10/2016	Pyramid - 400/800/1200/800	2-3	1 min / rep 2 min / set	Steve.T	Raise aerobic threshold enabling faster running for longer
10/10/2016	800m Interval Session	3-5	90 secs	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT	12/10/2016	Time Trial #1	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
17/10/2016	Fartlek - Straights and Bends	36 mins	Bends	Steve.T	Practice change of pace and build strength	19/10/2016	1600m	3-5	120 secs	Martin.S	Build strength and speed & practice pacing
24/10/2016	Pyramid - Timed			Angela.A	Improve lactic and aerobic threshold	26/10/2016	Bleep Test Alternative 800m Negative Nelly	- 3-5	- 120 secs	Graham.B Gary.M	Bench mark fitness test through a series of timed shuttle runs.
31/10/2016	500m Interval Session - Berewood Estate	6-10	60 secs	Graham.B	Improve lactic and aerobic threshold	02/11/2016	Fartlek	Coaches Choice		Steve.T	Sustained effort and practice change of pace
07/11/2016	1600m Interval Session	2-5	120 secs	Martin.S	Build strength and speed & practice pacing	09/11/2016	500m/400m/300m	3-5	30 sec / rep 2 mins / set	Angela.A	Improve lactic and aerobic threshold
14/11/2016	Fartlek - 1min Slow / 2 mins Fast	36 mins	Slow	Steve.T	Practice change of pace and build strength	16/11/2016	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9 mins	Downhill	Peter.M Graham.B	Build strength and stamina. Build confidence to attack hills
21/11/2016	800m Interval Session	3-5	90 secs	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT	23/11/2016	Time Trial #2	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
28/11/2016	600m Interval Session	6-8	Jog/Walk	Angela.A	Improve lactic and aerobic threshold	30/11/2016	500m Interval Session - Berewood Estate	8-10	1 min	Graham.B	Improve lactic and aerobic threshold
05/12/2016	400m Interval Session	6-10	45 secs - 60 secs	Martin.S	Improve aerobic conditioning and running economy	07/12/2016	1600m Negative Nelly	3-5	150 secs	Steve.T	Build strength and speed & practice pacing
12/12/2016	200m Interval Session	12-20	30 secs - 45 secs	Julia.R	Sharpen speed and finishing kick	14/12/2016	Mince Pie Run - 400m Parlauff	6-10	Alternating Runner	Angela.A	Burn off some calories before the Festive Season ☺ Run in pairs alternating the repetition.
19/12/2016	Pyramid - Timed			Gary.M	Improve lactic and aerobic threshold	21/12/2016	600m	6-8	Jog /Walk	Gary.M	Improve lactic and aerobic threshold
26/12/2016	Fartlek - Straights and Bends	36 mins	Bends	Martin.S	Practice change of pace and build strength	28/12/2016	Pyramid - 400/800/1200/800	2-3	1 min / rep 2 min / set	Martin.S	Raise aerobic threshold enabling faster running for longer
02/01/2017	500m Interval Session - Berewood Estate	6-10	45 secs	Graham.B	Improve lactic and aerobic threshold	04/01/2017	1000m/300m	3-5	1 min / rep 2 min / set	Gary.M	Build strength, endurance and work lactic and aerobic threshold levels
09/01/2017	600m Interval Session	8-10	Jog/Walk	Steve.T	Improve lactic and aerobic threshold	11/01/2017	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	3-5	30 sec / rep 2 mins / set	Peter.M Graham.B	Build strength and stamina. Build confidence to attack hills
16/01/2017	800m Interval Session	3-5	90 secs	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT	18/01/2017	Time Trial #3	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
23/01/2017	400m Interval Session	8-12	30 secs - 45 secs	Angela.A	Improve aerobic conditioning and running economy	25/01/2017	500m/400m/300m	3-5	30 sec / rep 2 mins / set	Angela.A	Improve lactic and aerobic threshold
30/01/2017	200m/250m Interval Session	6-10	30 secs / 45 secs	Martin.S	Sharpen speed and finishing kick Improve lactic and aerobic threshold	01/02/2017	500m Interval Session - Berewood Estate	8-10	1 min	Graham.B	Improve lactic and aerobic threshold
06/02/2017	500m Interval Session - Berewood Estate	8-12	45 secs	Graham.B	Improve lactic and aerobic threshold	08/02/2017	Fartlek - 800m/400m	3-5	400m	Gary.M	Build speed endurance and practice change of pace
13/02/2017	800m Interval Session	3-5	90 secs	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT	15/02/2017	Time Trial #4	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
20/02/2017	Fartlek - 1min Slow / 2 mins Fast	36 mins	Slow	Steve.T	Practice change of pace and build strength	22/02/2017	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/9/10 mins	Downhill	Peter.M Graham.B	Build strength and stamina. Build confidence to attack hills
27/02/2017	200m/250m Interval Session	6-10	30 secs / 45 secs	Angela.A	Sharpen speed and finishing kick Improve lactic and aerobic threshold	01/03/2017	1000m/300m	3-5	1 min / rep 2 min / set	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels
06/03/2017	800m Interval Session	4-8	90 secs	Gary.M	Practice pacing and improve speed endurance	08/03/2017	Bleep Test Alternative 800m Negative Nelly	- 3-5	120 secs	Graham.B Gary.M	Bench mark fitness test through a series of timed shuttle runs.
13/03/2017	500m Interval Session - Berewood Estate	8-12	90 secs	Graham.B	Improve lactic and aerobic threshold	15/03/2017	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
20/03/2017	400m Interval Session	10-14	30 secs / 45 secs	Martin.S	Improve aerobic conditioning and running economy	22/03/2017	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/9/10 mins	Downhill	Peter.M Graham.B	Build strength, endurance and work lactic and aerobic threshold levels
27/03/2017	200m/250m Interval Session	8-12	30 secs / 45 secs	Steve.T	Sharpen speed and finishing kick Improve lactic and aerobic threshold	29/03/2017	Pyramid - 400/800/1200/800	2-3	1 min / rep 2 min / set	Gary.M	Raise aerobic threshold enabling faster running for longer