

Denmead Striders Winter Schedule – 2016/2017

The Denmead Striders summer training is almost coming to an end and we can see the days getting gradually shorter. This is when we start to plan the schedule for the winter training at the Waterlooville Swimming Pool.

Welcome to the 2016-2017 winter schedule with the Denmead Striders. Both the sessions will start at the Waterlooville Swimming Pool, 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.

The sessions will be a mixture of speed work and sustained running. Over the last 6-8 months there has been a rise in the number of Striders taking part in marathons. One of the positive points to come out of this is the number first timers - especially members who would have laughed at you a year ago if you said "fancy doing a marathon". So, the objective of the 2016/17 winter schedule is to provide a platform and training partner for the 2017 spring marathon season. The schedule will also provide a short course base for those preparing for the Coastal Marathon in December '16. The main focus for members will either be the London or Brighton marathons in April '17, with this in mind the schedule will provide a build up of strength and endurance over the Wednesday sessions. The Monday session will focus on speed. The winter venues will be the same as last year;

- Intervals/Speed Venue 1 = Waterlooville Swimming Pool.
- Intervals/Speed Venue 2 = Berewood Estate.
- Hills = Arnside Road and Hurstville Drive.
- 5K Time Trial = Out and back to Portsmouth Plumbing Supplies, Purbrook.

The Wednesday evening sessions includes two fitness benchmarks in the form of a bleep test. The bleep test is a series of timed shuttle runs whereby the 'bleep' gradually decreases over the session therefore making you run faster as the session progresses. Ideally in the second bleep test you should be able to carry on longer than the first. Alternatively those that don't wish to take part in the bleep test can do an 800m Negative Nelly session.

This year, before each 5K time trial, the Monday evening session will be an 800m interval. Members can either use this session as a recovery session before the time trial or as a speed sharpener.

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 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 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 cancellation do so at their own risk and will not be insured under our England Athletics policy if a coach is not present.

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