

**Denmead Striders Winter Schedule 2017 -2018**

Monday	Session 18.30 Start	Number	Recovery Seconds	Coach	Session Aim	Wednesday	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim
18/09/2017	600m Interval Session	4-8	75	Steve.T	Improve lactic and aerobic threshold	20/09/2017	800/1200 Interval Session	1-2 ea.	120/150	Gary.M	Build strength, endurance and work lactic and aerobic threshold levels
25/09/2017	300m Interval Session	6-12	45	Paul.W	Sharpen speed and finishing kick	27/09/2017	400/200/200 Interval Session	4-6	60/30/30	Martin.S	Improve lactic and aerobic threshold. Build up finishing speed.
02/10/2017	250m Interval Session	10-20	30	Angela.A	Exercise fast twitch muscle fibres.	04/10/2017	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9	Down	Gary.M	Build strength and stamina. Build confidence to attack hills.
09/10/2017	800m Interval Session	4-6	120	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT	11/10/2017	Time Trial #1	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
16/10/2017	Pyramid - Timed 1 min / 2 min / 3min / 2 min / 1min	1-2	60 / 120 / 180	Martin.S	Improve lactic and aerobic threshold	18/10/2017	500m Competitive	6-8	75	Steve.T	Improve lactic and aerobic threshold
23/10/2017	1000m Interval Session	3-5	150	Kirsty.B	Build strength, endurance and work lactic and aerobic threshold levels	25/10/2017	250m Interval Session	10-20	30	Kirsty.B	Exercise fast twitch muscle fibres. Improve race finishing kick.
30/10/2017	400m Interval Session	6-10	60	Steve.T	Improve aerobic conditioning and running economy	01/11/2017	800m Negative Nelly	4-6	120	Martin.S	Improve speed endurance, practice pacing and improve aerobic threshold.
06/11/2017	250m Interval Session	10-20	30	Angela.A	Exercise fast twitch muscle fibres.	08/11/2017	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina
13/11/2017	600m/300m/300m Interval Session	3-5	60/45/60	Martin.S	Improve lactic and aerobic threshold. Build up finishing speed.	15/11/2017	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.
20/11/2017	800m Interval Session	4-6	120	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT	22/11/2017	Time Trial #2	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
27/11/2017	Pyramid - Timed 1 min / 2 min / 3min / 2 min / 1min	1-2	60 / 120 / 180	Paul.W	Improve lactic and aerobic threshold	29/11/2017	600m Interval Session	4-8	90	Rory.H	Improve lactic and aerobic threshold
04/12/2017	600m Interval Session	4-8	75	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels	06/12/2017	1600m Interval Session	3-5	180	Angela.A	Build strength and speed endurance & practice pacing
11/12/2017	300m Interval Session	6-12	45	Steve.T	Sharpen speed and finishing kick	13/12/2017	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.
18/12/2017	250m Interval Session	10-20	30	Julia.R	Exercise fast twitch muscle fibres.	20/12/2017	800m Negative Nelly	4-6	120	Gary.M	Improve speed endurance, practice pacing and improve aerobic threshold.
25/12/2017	NO ORGANISED SESSION					27/12/2017	400/200/200 Interval Session	6-8	60/30/30	Martin.S	Improve lactic and aerobic threshold. Build up finishing speed.
01/01/2018	400m Interval Session	8-12	60	Rory.H	Improve aerobic conditioning and running economy	03/01/2018	600m Competitive	4-8	75	Steve.T	Improve lactic and aerobic threshold
08/01/2018	Pyramid - Timed 1 min / 2 min / 3min / 2 min / 1min	1-2	60 / 120 / 180	Angela.A	Improve lactic and aerobic threshold	10/01/2018	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.
15/01/2018	800m Interval Session	6-8	120	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT	17/01/2018	Time Trial #3	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
22/01/2018	1000m Interval Session	4-6	120	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels	24/01/2018	400/200/200 Interval Session	4-8	45/30/30	Paul.W	Improve lactic and aerobic threshold. Build up finishing speed.
29/01/2018	600m Interval Session	6-10	60	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels	31/01/2018	800m Negative Nelly	6-8	120	Angela.A	Improve speed endurance, practice pacing and improve aerobic threshold.
05/02/2018	400m Interval Session	10-14	45	Paul.W	Improve aerobic conditioning and running economy	07/02/2018	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.
12/02/2018	800m Interval Session	6-8	120	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT	14/02/2018	Time Trial #4	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
19/02/2018	1200m Interval Session	3-5	150	Martin.S	Build strength, endurance.	21/02/2018	1600m Interval Session	3-5	180	Gary.M	Build strength and speed endurance & practice pacing
26/02/2018	400m Interval Session	10-14	45	Steve.T	Improve aerobic conditioning and running economy	28/02/2018	500m Interval Session	8-10	60	Rory.H	Improve lactic and aerobic threshold
05/03/2018	1600m Interval Session	3-5	180	Kirsty.B	Build strength and speed endurance & practice pacing	07/03/2018	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/10/12	Down	Peter.M	Build strength and stamina. Build confidence to attack hills.
12/03/2018	800m Interval Session	6-8	120	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT	14/03/2018	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
19/03/2018	1000m Interval Session	4-6	120	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels	21/03/2018	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina
26/03/2018	400m Interval Session	12-16	45	Peter.M	Improve aerobic conditioning and running economy	28/03/2018	250m Interval Session	10-20	30	Steve.T	Exercise fast twitch muscle fibres. Improve race finishing kick.