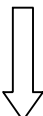
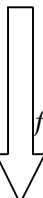


Denmead Striders

Winter Training Schedule 2011/12

MONDAY			Purpose	WEDNESDAY			Purpose	Races
26-Sep-11	1-2 x 1600/800/400/200/200	<i>Race finish</i>	Aerobic and lactate power	21-Sep-11	6-10 x 450 parlauf	Sustained power and economy	Solent Half Denmead 10k	
03-Oct-11	5-9 x 300/150	 <i>Lessening recovery</i>		28-Sep-11	6-8 x 500 or 600			
10-Oct-11	5-9 x 200/250			05-Oct-11	3 x 7'-9' hills			
17-Oct-11	5-9 x 300/150		12-Oct-11	5k out and back time trial				
24-Oct-11	5-9 x 200/250 or 5k fartlek		19-Oct-11	6-8 x 500 or 600	26-Oct-11	3-5 x 1 M		
31-Oct-11	5-10 x 500		02-Nov-11	1 x 400, 2-4 x 800, 1 x 400	High tempo and economy	Lordshill 10 Gosport Half		
07-Nov-11	1-3 x 500/500/400/400/200		09-Nov-11	1 x 400, 3-5 x 1200, 1 x 400]				
14-Nov-11	3-6 x 800		16-Nov-11	3-5 x 1 M				
21-Nov-11	5-8 x 600		23-Nov-11	5k out and back time trial	Power, efficiency and economy	Stubbington Ryde 10		
28-Nov-11	1-3 x 500/500/400/400/200		30-Nov-11	1 x 400, 3-5 x 1200, 1 x 400				
05-Dec-11	1-2 x 1600/800/400/200/200	<i>Race finish</i>	07-Dec-11	7-10 x 500				
12-Dec-11	5-10 x 300/150	 <i>Maintaining aerobic limit for long periods</i>	Aerobic and lactate power	14-Dec-11	3 x 7'-9' hills	Sustained power and economy	Bramley 20 Salisbury 10 Eastleigh 10k	
19-Dec-11	5k fartlek			21-Dec-11	mince pie run			
26-Dec-11	5-10 x 450			28-Dec-11	3-5 x 400/400/200			
02-Jan-12	5-10 x 300/150		04-Jan-12	3 x 8'-10' hills				
09-Jan-12	5k fartlek		11-Jan-12	5k out and back time trial				
16-Jan-12	5-10 x 300/150		18-Jan-12	3-5 x 400/400/200				
23-Jan-12	5-10 x 200/250	25-Jan-12	3 x 9'-11' hills	01-Feb-12	2-6 x 400/200/200			
30-Jan-12	5k fartlek		08-Feb-12	7-10 x 500	15-Feb-12	6-10 x 450 parlauf		
06-Feb-12	3-6 x 800		15-Feb-12	6-10 x 450 parlauf	22-Feb-12	5k out and back time trial		
13-Feb-12	6-8 x 500 or 600		22-Feb-12	5k out and back time trial	01-Mar-12	6-8 x 500 or 600		
20-Feb-12	1-2 x 1600/800/400/200/200	<i>Race finish</i>	Sustained aerobic and lactate power	08-Mar-12	7-10 x 500	Sustained power and economy		
27-Feb-12	1-3 x 500/500/400/400/200			15-Mar-12	3 x 9'-11' hills			
06-Mar-12	5-8 x 500 hard, 400 easy			22-Mar-12	6-8 x 500 or 600			
13-Mar-12	5-8 x 600							
20-Mar-12	1-3 x 500/500/400/400/200							

Members run at their own risk. Please inform the session leader if you have a condition or injury which might affect your ability to run.