

Date	Week	Day	Focus / Notes	Session Type	Total Work	HM - Cheetahs - Group A	Marathon - Cheetahs Group A	HM - Jaguars Group B	HM - Springboks - Group C	Notes
06/01/2026		8 Tue	Race Specific	5k Pace	2100m	Pyramid - 200 Hard/200 Easy jog 300/200, 400/200, 600/200, 400/200, 200/200 X 2		As Group A	As Group A	
08/01/2026		8 Thu	Final race prep	Race Specific	5000m	2 × 2km @HM race pace + 1 × 1 km faster / 3 min rec	Marathon Pace	As Group A but last rep at same pace as first two reps	As Group A but last rep at same pace as first two reps	
10/01/2026		8 Weekend Session	Keep legs fresh	Easy + Strides		35 min easy + 4 strides (100m accelerations)		As Group A	As Group A	
13/01/2026		8 Tue	Speed/Endurance	Lactate Threshold	3200m	12 x 400 @ 10k pace - equal recovery (e.g. 90s 400/90s recovery or 95s 400/95s recovery)	14 x 400 @10k Pace - equal recovery (e.g. 90s 400/90s recovery or 95s	10 x 400 @ 10k pace - equal recovery (e.g. 90s 400/90s recovery or 95s 400/95s recovery)	8 x 400 @ 10k pace - equal recovery (e.g. 90s 400/90s recovery or 95s 400/95s recovery)	
15/01/2025		8 Thu	Speed & Form	Neuromuscular	2200m	Short Pyramids - 300/200/100/200/300x 2 with walk recovery of 200m between each rep. Fast!		As Group A	As Group A	
17/01/2026		8 Weekend Session	Athlete's choice							
20/01/2026	RW	Tue	Rhythm check	VO ₂ / Race Pace	1200m	3 × 400m @ 5 K pace / 90 s rec (or if not racing, 12 x 400 with 60s recovery)		3 × 400m @ 5 K pace / 90 s rec (or if not racing, 10 x 400 with 75s recovery)	3 × 400m @ 5 K pace / 90 s rec (or if not racing, 8 x 400 with 90s recovery)	
22/01/2026	RW	Thu	Speed & Form	Neuromuscular	1000m-2000m	5 × 200m @1 mile/1500m pace, 1 min recovery (if not racing and not on easy week - 10x200m)		As Group A	As Group A	
25/01/2026	RW	Weekend Session	Peak performance	Race or Time Trial Weekend	Race	Depending on Club races/commitments, can we look for a 5k				https://findarace.com/events/chepstow-racecourse-running-festiv
27/01/2026		1 Tue	Aerobic Power	VO ₂ Max	4800m	4 × 1200m @ 1 mile/1500m pace, 2 min jog recovery (keep	6 x 1200m @ 5k pace	3 × 1200m @ 1 mile/1500m pace, 2 min jog recovery (keep moving)	3 × 1200m @ 1 mile/1500m pace, 2 min jog recovery (keep	
29/01/2026		1 Thu	Speed & Form	Neuromuscular	2200m	Short Pyramids - 300/200/100/200/300x 2 with walk recovery of 200m between each rep. Fast!		As Group A	As Group A	
31/01/2026		1 Weekend Session	Athlete's choice							
03/02/2026		2 Tue	Speed/Endurance	Lactate Threshold	5600m	14 x 400 @ 10k pace - 60s recovery -start same place each	18 x 400 @10k Pace - 60s recovery -	10 x 400 @ 10k pace - 60s recovery -start same place each time.	10 x 400 @ 10k pace - 90s Recovery	
05/02/2026		2 Thu	Race Specific	HM Pace	5100m	2 × 2 km @ HM + 1 × 1 km slightly faster		As Group A	As Group A	
07/02/2026		2 Weekend Session	Maintain VO ₂	Easy + Strides	8000m	5 × 1 mile @ HM pace with 3 min rec	7 x 1 mile	4 × 1 mile @ HM pace with 3 min rec	4 × 1 mile @ HM pace with 3 min rec	
10/02/2026		3 Tue	Threshold Durability	Long Threshold	6-7000m	6-7 km continuous @ ideally December 5k pace	Switch this to 6-7km at H Marathon	As Group A	As Group A	
12/02/2026		3 Thu	Speed Maintenance	Neuromuscular	2200m	Short Pyramids - 300/200/100/200/300x 2 with walk recovery of 200m between each rep. Fast!		As Group A	As Group A	
14/02/2026		3 Weekend Session	Aerobic Endurance	Long Run		90 min steady (slower than marathon pace), last 20 min @		As Group A	As Group A	
17/02/2026		4 Tue	Threshold Progression	T Intervals	8000m	2 × 4 km @ 10k pace, 2 min rec	3 x 4k at 10k pace	2 × 4 km @ 10k pace, 3 min rec	2 × 4 km @ 10k pace, 3 min rec	
19/02/2026		4 Thu	HM Strength	Cruise Intervals	15000m	3 × 5 km slightly faster than HM pace with 3 mins recovery		2 × 5 km slightly faster than HM pace with 3 mins recovery	2 × 5 km slightly faster than HM pace with 3 mins recovery	
21/02/2026		4 Weekend Session	Athlete's choice OR	Building Speed/Endurance		12km starting out at easy for 3k, 5-10 seconds slower than HM for 3k, 6km at HM pace (with last all out if anything left)				
24/02/2026		5 Tue	Speed/Endurance	Lactate Threshold	6400m	16 x 400 @ 10k pace - 60s recovery -start same place each	20-25 x 400 @10k Pace - - 60s	12 x 400 @ 10k pace - 60s recovery -start same place each time.	10 x 400 @ 10k pace - 60s recovery -start same place each	
26/02/2026		5 Thu	Speed & Form	Speed & Form	5600m	Pyramid - 1000/800/600/400/200/400/600/800/1000 - 200		As Group A	As Group A	
28/02/2026		5 Weekend Session	Specific Endurance	Long Run + Quality		1hr 45 - 2 hours last 30 min @ HM pace		2hrs - 2hrs 15 - last 30 mins @HM Pace	2hrs - 2hrs 15 - last 30 mins @HM Pace	
03/03/2026		6 Tue	Threshold-HM Blend	Continuous Alternation	8000m	8 km continuous: alternating 1km at 5k pace and 1km a HM	12km continuous as for HM session	As Group A	As Group A	
05/03/2026		6 Thu	Speed Maintenance	Neuromuscular	1500m	5 × 300 m @1 mile/1500m pace, walk back recovery (to start)		As Group A	As Group A	
07/03/2026		6 Weekend Session	HM Simulation	Continuous Run		14-16 km @ 5-10s slower than HM pace per KM	20-22km 5-10 seconds slower than	As Group A	As Group A	
10/03/2026		7 Tue	Race Rhythm	HM Pace	9000m	3 × 3 km @ HM pace - 2 min walk recovery	5 x 3km @HM Pace	3 × 3 km @ HM pace - 3 min walk recovery	3 × 3 km @ HM pace - 3 min walk recovery	
12/03/2026		7 Thu	Leg Freshness	Strides	1200m	6 × 200 m fast relaxed - 200m jog recovery		As Group A	As Group A	
14/03/2026		7 Weekend Session	Aerobic Maintenance	Easy Long		70-75 min easy		75 mins - 90 mins easy	90 mins -100 mins easy	
17/03/2026	RW	Tue	Tune-Up	HM Pace	3000m	3 × 1 km @ HM pace - 3 mins recovery		As Gorup A	As Gorup A	
19/03/2026	RW	Thu	Sharpen	Speed & Form	1600m	8 × 200 m fast but relaxed - 200m jog recovery		As Group A	As Group A	
22/03/2026		8 Sun	RACE	Half-Marathon	Race	Can everyone commit to a half marathon ideally this weekend, the weekend before or after to keep this training				https://findarace.com/events/gloucester-10k-half-marathon