

# FOREST OF DEAN CLUB NIGHTS TRAINING SCHEDULE - 31ST MARCH - 21 JUNE 2026

## CHEETAHS, JAGUARS, SPRINGBOKS

(SEE SEPARATE DOCUMENT FOR LIONS/LIONESSES)

TUESDAY NIGHTS - GATES OPEN 6PM - FIVE ACRES TRACK FOR WARM UP - SESSION STARTS 1820

THURSDAY NIGHT TRAINING FROM PARKEND - SESSION STARTS AFTER YOUR WARM UP - AROUND 1845 (<https://maps.app.goo.gl/xoSaiur5thQaJ4TA>)

Date	Day	Session Name	Cheetahs	Jaguars	Springboks	Marathon Extension Option	Recovery Structure
31/03/2026	Tues	The Pyramid Builder	200-400-600-800-600-400-200	200-400-600-400-200	200-400-600-400	2 x Cheetahs with 3 mins between set.	For each rep, recovery looks like: 200 effort/200 jog 400 effort/400 jog 600 effort/90s jog 800 effort/2min jog
02/04/2026	Thurs	3K Progression	3x3K	3x2K	3x1.5K	Cheetahs session good	3mins recovery between efforts
07/04/2026	Tues	Speed Sandwich	400-800-1200-800-400	400-800-1000-800-400	400-600-800-600-400	Cheetahs session good _ 4 x 400@ HM pace.	For each rep distance, recovery looks like: 400/90s rest 800/2min rest 1000/2min rest 1200/2.5min
09/04/2026	Thurs	Hill Pyramid	30-60-90-60-30 x2	same	same		Walk/jog back recovery
14/04/2026	Tues	400 Progression	12x400	10x400	8x400	Only do Sprinboks with walk recovery if race on 19th April, otherwise 16x 400 for later marathon.	60s jog
16/04/2026	Thurs	Broken Ladder	2K-3K-2K	2K-2K-1K	1K-2K-1K		90s jog
21/04/2026	Tues	Descending Speed	3x1000+2x400	2x1000+2x400	2x1000+2x400	Only do 3 x 1000 @Marathon Pace with 200m walk recovery - no 400s	1000/2min rest 400/60s rest
23/04/2026	Thurs	Equal Hills	10x45s relaxed	same	same		Walk/jog back recovery
28/04/2026	Tues	Flow Ladder	4x(800+400 float)	4x(600+400 float)	4x(400+200 float)		Float is harder than a jog but easier than effort. Think of it as over/unders. Float is NOT recovery
30/04/2026	Thurs	Mixed Fartlek	All mixed duration fartlek with loop back recovery	same	same		All mixed duration fartlek with loop back recovery
05/05/2026	Tues	Speed Sandwich	200-400-800-1200-1600-800-400-200	400-800-1200-800-400	400-600-800-600-400		For each rep distance, recovery looks like: 200/30s rest 400/60s rest 800/90s rest 1000/2min rest 1200/2.5min rest 1600/3min rest
07/05/2026	Thurs	Long Hills	5x90s	same	same		Walk/jog back recovery
12/05/2026	Tues	400 Progression	18x400	16x400	10x400		Cheetahs - 45s jog Jaguars - 60s jog Springboks - 75s jog
14/05/2026	Thurs	Descending Blocks	5K-3K-2K	4K-2K-1K	3K-2K-1K		Cheetahs - 2mins between efforts Jaguars - 3mins between efforts Springboks - 3 mins between efforts
19/05/2026	Tues	Descending Speed	3x1000+2x400	2x1000+2x400	2x1000+2x400		1000/2min 400=60s
21/05/2026	Thurs	Equal Hills	10x45s relaxed	same	same		Walk/jog back recovery
26/05/2026	Tues	The Pyramid Builder	200-400-800-1200-1600-800-400-200	400-800-1200-800-400	400-600-800-600-400		For each rep distance, recovery looks like: 200/30s rest 400/60s rest 800/90s rest 1000/2min rest 1200/2.5min rest 1600/3min rest
28/05/2026	Thurs	3K Progression	3x3K	3x2K	3x1.5K		3mins recovery between efforts
02/06/2026	Tues	Flow Ladder	4x(800+400 float)	4x(600+400 float)	4x(400+200 float)		Float is harder than a jog but easier than effort. Think of it as over/unders. Float is NOT recovery
04/06/2026	Thurs	Hill Pyramid	30-60-90-60-30 x2	same	30-60-90-60-30		Walk/jog back recovery
09/06/2026	Tues	400 Progression	20x400	20x400	12x400		Cheetahs - 45s jog Jaguars - 60s jog Springboks - 75s jog
11/06/2026	Thurs	Broken Ladder	2K-3K-2K	2K-2K-1K	1K-2K-1K		Cheetahs - 60s jog recovery Jaguars - 90s jog recovery Springboks - 2 mins jog recovery
16/06/2026	Tues	Descending Speed	3 x 1000m @ race pace	3 x 1000m @ race pace	3 x 1000m @ race pace		200m walk recovery
18/06/2026	Thurs	Easy 200s	8x200	same	same		200 jog recovery
21/06/2026	Sat	RACE - 5K TO 10M	EITHER SAT OR SUN				
22/06/2026	Sun	RACE - 5K TO 10M	EITHER SAT OR SUN				