

## FOREST OF DEAN FULL 5-10K 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/xoSaiurStthQaJ4TA>)

Week	Period	Day	Date	Session Name	Cheetahs	Jaguars	Springboks	Marathon Extension Option (April Only)	Recovery Structure
1	Build	Mon	30/03/2026	Rest (Optional)					
1	Build	Tue	31/03/2026	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
1	Build	Wed	01/04/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous
1	Build	Thu	02/04/2026	3K Progression	3x3K	3x2K	3x1.5K	Cheetahs session good	3mins recovery between efforts
1	Build	Fri	03/04/2026	Rest (Recommended)					
1	Build	Sat	04/04/2026	Tempo	8-10K	6-8K	5-6K		Continuous
1	Build	Sun	05/04/2026	Long Run	14-18K	12-16K	8-12K		Continuous
2	Build	Mon	06/04/2026	Rest (Optional)					
2	Build	Tue	07/04/2026	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
2	Build	Wed	08/04/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous
2	Build	Thu	09/04/2026	Hill Pyramid	30-60-90-60-30 x2	same	same		Walk/jog back recovery
2	Build	Fri	10/04/2026	Rest (Recommended)					
2	Build	Sat	11/04/2026	Tempo	8-10K	6-8K	5-6K		Continuous
2	Build	Sun	12/04/2026	Long Run	14-18K	12-16K	8-12K		Continuous
3	Build	Mon	13/04/2026	Rest (Optional)					
3	Build	Tue	14/04/2026	400 Progression	12x400	10x400	8x400	Only do Sprinboks with walk recovery if race on 19th April, otherwise 16x 400 for later marathon.	60s jog
3	Build	Wed	15/04/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous
3	Build	Thu	16/04/2026	Broken Ladder	2K-3K-2K	2K-2K-1K	1K-2K-1K		90s jog
3	Build	Fri	17/04/2026	Rest (Recommended)					

3	Build	Sat	18/04/2026	Tempo	8-10K	6-8K	5-6K		Continuous
3	Build	Sun	19/04/2026	Long Run	14-18K	12-16K	8-12K		Continuous
4	Recover	Mon	20/04/2026	Rest (Optional)					
4	Recover	Tue	21/04/2026	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
4	Recover	Wed	22/04/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous
4	Recover	Thu	23/04/2026	Equal Hills	10x45s relaxed	same	same		Walk/jog back recovery
4	Recover	Fri	24/04/2026	Rest (Recommended)					
4	Recover	Sat	25/04/2026	Easy Run or Rest	3-5k	3-5k	3-5k		Continuous
4	Recover	Sun	26/04/2026	Optional Race or Long Run	14-18K	12-16K	8-12K		Continuous
5	Build	Mon	27/04/2026	Rest (Optional)					
5	Build	Tue	28/04/2026	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
5	Build	Wed	29/04/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous
5	Build	Thu	30/04/2026	Mixed Fartlek	All mixed duration fartlek with loop back recovery	same	same		All mixed duration fartlek with loop back recovery
5	Build	Fri	01/05/2026	Rest (Recommended)					
5	Build	Sat	02/05/2026	Tempo	8-10K	6-8K	5-6K		Continuous
5	Build	Sun	03/05/2026	Long Run	14-18K	12-16K	8-12K		Continuous
6	Build	Mon	04/05/2026	Rest (Optional)					
6	Build	Tue	05/05/2026	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
6	Build	Wed	06/05/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous
6	Build	Thu	07/05/2026	Long Hills	5x90s	same	same		Walk/jog back recovery
6	Build	Fri	08/05/2026	Rest (Recommended)					
6	Build	Sat	09/05/2026	Tempo	8-10K	6-8K	5-6K		Continuous
6	Build	Sun	10/05/2026	Long Run	14-18K	12-16K	8-12K		Continuous
7	Build	Mon	11/05/2026	Rest (Optional)					
7	Build	Tue	12/05/2026	400 Progression	18x400	16x400	10x400		Cheetahs - 45s jog Jaguars - 60s jog Springboks - 75s jog
7	Build	Wed	13/05/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous

7	Build	Thu	14/05/2026	Descending Blocks	5K-3K-2K	4K-2K-1K	3K-2K-1K		Cheetahs - 2mins between efforts Jaguars - 3mins between efforts Springboks - 3 mins between efforts
7	Build	Fri	15/05/2026	Rest (Recommended)					
7	Build	Sat	16/05/2026	Tempo	8-10K	6-8K	5-6K		Continuous
7	Build	Sun	17/05/2026	Long Run	14-18K	12-16K	8-12K		Continuous
8	Recover	Mon	18/05/2026	Rest (Optional)					
8	Recover	Tue	19/05/2026	Descending Speed	3x1000+2x400	2x1000+2x400	2x1000+2x400		1000/2min 400=60s
8	Recover	Wed	20/05/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous
8	Recover	Thu	21/05/2026	Equal Hills	10x45s relaxed	same	same		Walk/jog back recovery
8	Recover	Fri	22/05/2026	Rest (Recommended)					
8	Recover	Sat	23/05/2026	Easy Run or Rest	3-5k	3-5k	3-5k		Continuous
8	Recover	Sun	24/05/2026	Optional Race or Long Run	14-18K	12-16K	8-12K		Continuous
9	Build	Mon	25/05/2026	Rest (Optional)					
9	Build	Tue	26/05/2026	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
9	Build	Wed	27/05/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous
9	Build	Thu	28/05/2026	3K Progression	3x3K	3x2K	3x1.5K		3mins recovery between efforts
9	Build	Fri	29/05/2026	Rest (Recommended)					
9	Build	Sat	30/05/2026	Tempo	8-10K	6-8K	5-6K		Continuous
9	Build	Sun	31/05/2026	Long Run	14-18K	12-16K	8-12K		Continuous
10	Build	Mon	01/06/2026	Rest (Optional)					
10	Build	Tue	02/06/2026	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
10	Build	Wed	03/06/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous
10	Build	Thu	04/06/2026	Hill Pyramid	30-60-90-60-30 x2	same	30-60-90-60-30		Walk/jog back recovery
10	Build	Fri	05/06/2026	Rest (Recommended)					
10	Build	Sat	06/06/2026	Tempo	8-10K	6-8K	5-6K		Continuous
10	Build	Sun	07/06/2026	Long Run	14-18K	12-16K	8-12K		Continuous
11	Build	Mon	08/06/2026	Rest (Optional)					

11	Build	Tue	09/06/2026	400 Progression	20x400	20x400	12x400		Cheetahs - 45s jog Jaguars - 60s jog Springboks - 75s jog
11	Build	Wed	10/06/2026	Easy Run + Optional Lower Leg Session	7-9K	6-8K	4-6K		Continuous
11	Build	Thu	11/06/2026	Broken Ladder	2K-3K-2K	2K-2K-1K	1K-2K-1K		Cheetahs - 60s jog recovery Jaguars - 90s jog recovery Springboks - 2 mins jog recovery
11	Build	Fri	12/06/2026	Rest (Recommended)					
11	Build	Sat	13/06/2026	Tempo	8-10K	6-8K	5-6K		Continuous
11	Build	Sun	14/06/2026	Long Run	14-18K	12-16K	8-12K		Continuous
12	Taper	Mon	15/06/2026	Rest - not optimal					
12	Taper	Tue	16/06/2026	Descending Speed	3 x 1000m @ race pace	3 x 1000m @ race pace	3 x 1000m @ race pace		200m walk recovery
12	Taper	Wed	17/06/2026	Easy Run	7-9K	6-8K	4-6K		Continuous
12	Taper	Thu	18/06/2026	Easy 200s	8x200	same	same		200 jog recovery
12	Taper	Fri	19/06/2026	Rest (Recommended)					
12	Taper	Sat	20/06/2026	Easy Run or Rest	3-5k	3-5k	3-5k		Continuous
12	RACE	Sun	21/06/2026	Proposed Race	5 or 10k	5 or 10k	5 or 10k		Continuous
13	RACE	Sun	22/06/2026	Proposed Race	5 or 10k	5 or 10k	5 or 10k		Continuous