



**Garscube Harriers Winter Training Sessions**  
**03 October 2022 to 02 April 2023**  
**Issue 3**

Day	Session	Duration
Tuesday	Speed Endurance	04 October 2022 to 28 March 2023
Thursday	Endurance/Tempo BIG	06 October 2022 to 30 March 2023 12 January 2023 to 16 March 2023
Saturday	Cross Country Training	15 October 2022 to 18 February 2023

## Notes on the Training Sessions

We have produced a 6month schedule to help you look ahead to key races, including the Winter League competition. All sessions are subject to change so please keep an eye out for the weekly emails and Facebook posts for the most up-to-date information.

- On Tuesdays there are speed endurance sessions usually involving intervals, to help you develop the pace you need to run a specific time. The training location on a Tuesday is St Peter Apostle Track unless otherwise announced. The track location can be changed at the discretion of John Bell to Garscube SC and a road training course. Any change will be posted on social media the week of the session.  
1/ Training Location: St Peter the Apostle Track, Kirkoswald Drive, Clydebank, £3 fee - Fee under review.  
Session Timings: Athlete should arrive warmed up or warm up at the track. The track session will start prompt at 7.25pm.  
2/ Training Location: Garscube Sports Complex, West of Scotland Science Park, Maryhill Road, Glasgow G20 0SP.  
Session Timings: Group warm up 7pm & session starts 7:25pm prompt.
- On Thursdays there are Senior tempo and BIG sessions of various lengths to help you develop your running economy.  
Senior & BIG Training Location: Garscube Sports Complex, West of Scotland Science Park, Maryhill Road, Glasgow G20 0SP.  
Senior Session Timings: Groups go out from 7pm (A-C), Session announcements 7:10pm, then D-I at 1 min intervals.  
BIG Session Timing: Group to meet at 6pm.
- On Saturdays there are Cross Country sessions to prepare for the Scottish National Cross Country Championships are during October 2021 to February 2022. The sessions consist of Garscube and GAA coached sessions.  
Training Location and Session Timing: See session plan.

The Winter league and major races are highlighted in bold. We do want to do well in the main championship races over the winter and your team captains will be encouraging you to enter these. The training sessions prior to these key events will be slightly easier to ensure everyone is fresh on the day. The club will be paying entries for these races, so if you are doing these **RESPECT YOURSELF, RESPECT EACH OTHER, RESPECT THE SPORT** and turn up ready to perform.

We hope you enjoy the sessions.

THE COACHING TEAM

Week beginning	Tuesday	Thursday	Weekend
<b>03 October</b>	<b>300m Repetitions</b> Session: 10 x 300m with 100m recovery for those raced at the weekend. 12-15 x 300m with 100m recovery for those who didn't race at the weekend Location: St Peter the Apostle Track.	<b>Steady run with Optional Tempo</b> 6.4 miles steady pack run with optional 2 x 1 mile tempo sections. Pace: 10k pace+20s min/mile or +12s min/km Location: Garscube SC. <b>Route 3</b>	<b>Saturday:</b> <b>WEST DISTRICT CC RELAY - club entry, Winter League Event 1.</b> <b>Location: Kings Park Glasgow</b>
<b>10 October</b>	<b>Mixed Distance Repetitions</b> Session: 1200m, 1km, 800m, 600m x 2 sets with 90 secs, 75 secs and 60 secs recovery after each rep with 3 mins jog between sets. Location: St Peter the Apostle Track.	<b>Distance Tempo</b> 6.4 miles with 5k tempo Pace: 10k pace +10s min/mile or 06s min/km. Location: Garscube SC. <b>Route 4</b>	Saturday GAA Cross Country session - Location: Bellahouston Park (pitch and putt) Session start 10.30am. 4-6x3mins with 2 mins recovery
<b>17 October</b>	<b>Mixed Distance Repetitions</b> Session: 1km, 6x400m, 1km with 200m recovery after 1km and 60 secs after the 400m reps. Location: St Peter the Apostle Track.	<b>Steady run with Optional Tempo</b> 6.7 miles run with optional 15min tempo section. Pace: 10k pace+20s min/ mile or +12s min/km Location: Garscube SC. <b>Route 7</b>	<b>Saturday:</b> <b>National XC relays - club entry</b> <b>Location: Cumbernauld House</b> <b>Winter League Event 2.</b> <b>Sunday</b> <b>Age Leeds Abbey Dash 10k race</b> <b>Summer League Event 15</b>
<b>24 October</b>	<b>1600m Repetitions</b> Session: 3-4x1600m with 90 secs recovery. Location: St Peter the Apostle Track.	<b>Hilly Tempo</b> 7 miles with 4mile hilly tempo. Pace: Perceived effort where pace should feel comfortably hard. Location: Garscube SC. <b>Route 11</b>	

<b>Week beginning</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Weekend</b>
<b>31 October</b>	<b>800m Repetitions</b> 6-8 x 800ms with 90 secs to 120 secs recovery based on packs. Location: St Peter the Apostle Track	<b>Steady run with Optional Tempo</b> 6.4 miles with optional 10 min tempo. Pace: 10k pace+20s min/ mile or +12s min/km Location: Garscube SC. <b>Route 3</b>	<b>Saturday</b> <b>Scottish Short Course XC - Club entry.</b> <b>Location: Kirkcaldy High School.</b> <b>Winter League Event 3.</b>
<b>07 November</b>	<b>200m Repetitions</b> 20 x 200m with 200m jog recovery. Location: St Peter the Apostle Track	<b>Out and Back</b> 5-9 miles, 20 mins out and back. GWR route. Athlete pace. Location: Garscube SC for warm up <b>Route 20</b>	<b>Saturday</b> <b>Masters International CC Event in Dublin.</b> <b>Scottish team selection only</b> Saturday GAA Cross Country session. Location: Tollcross Park - Meet at Park Run finish 4-8 x 4mins with 2 mins recovery
<b>14 November</b>	<b>1200m Repetitions</b> 4-5 x 1200m with 2 min recovery. Location: St Peter the Apostle Track	<b>Distance Tempo</b> 7.5m with 4m tempo Pace: 10k pace+10s min/ mile or +06s min/km Location: Garscube SC <b>Route 14</b>	<b>Saturday</b> <b>West District League Event 1</b> <b>Host Club: East Kilbride Athletic Club</b> <b>Venue: Strathaven (Precise location to follow)</b> <b>Sunday</b> <b>Brampton to Carlisle Road Race.</b> <b>Winter League Event 4.</b>
<b>21 November</b>	<b>Mixed Distance Repetitions</b> 8 x 600m with 200m jog recovery. 4 x 300m with 100m jog recovery. Location: St Peter the Apostle Track	<b>Distance Tempo</b> 6.4 miles with 5k tempo. Pace: 10k pace+10s min/ mile or +06s min/km Location: Garscube SC. <b>Route 4</b>	<b>Saturday</b> <b>Dunbartonshire XC Championship - Club entry.</b> <b>Balloch Castle Country Park.</b> <b>Winter League Event 5.</b>

<b>Week beginning</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Weekend</b>
<b>28 November</b>	<b>2km Repetitions</b> 3 x 2km with 2min recovery. Location: St Peter the Apostle Track	<b>Steady run with Optional Tempo</b> 6.5miles with optional 10 min tempo. Pace: 10k pace +20s min/mile or +12s min/km Location: Garscube SC. <b>Route 5</b>	<b>Saturday:</b> <b>West District XC Championships - Club entry.</b> <b>Ayrshire Athletics Arena.</b> <b>Winter League Event 6 and McCAA Cup Handicap Event.</b>
<b>05 December</b>	<b>Mixed Distance Repetitions</b> 1mile/1200/800/600/400 with half distance jog recovery (e.g. 800 after 1600m). Location: St Peter the Apostle Track	<b>Distance Tempo</b> 7-8 miles, 2 x 2 miles with 0.34 mile recovery at 10k pace +10s min/mile or +06s min/km. Location: Garscube SC. <b>Route16</b>	<b>Saturday</b> <b>Club Christmas Party</b> <b>Sunday</b> <b>Santa Dash.</b>
<b>12 December</b>	<b>200m Repetitions</b> 20 x 200m with 200m jog recovery Location: St Peter the Apostle Track	<b>Out and Back</b> 5-9 miles, 25mins out and back. GWR route. Athlete pace Location: Garscube SC for warm up. <b>Route 20</b>	<b>Saturday:</b> GAA Cross Country Session. Location: Pollok Park (Nether Pollok playing fields). 5-10 mins tempo; 10 x 1 min with 1 min recovery; 5-10 mins tempo.
<b>19 December</b>	<b>Timed Repetitions</b> 6-8 x 3 mins with 2 mins jog recovery. Location: St Peter the Apostle Track.	<b>Progression Run</b> 6.4 miles progression run -2 miles steady, 2 miles at half marathon pace, 1 mile at 10k pace. Location: Garscube SC <b>Route 4</b>	Christmas Holiday weekend.
<b>26 December</b>	Holiday No Garscube Harriers Training GAA Cross Country session - Bellahouston Park (pitch and putt) 6-10x3mins with 90 sec recovery.	Holiday No Garscube Harriers Training.	New Year Holiday weekend.

<b>Week beginning</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Weekend</b>
<b>02 January</b>	Holiday No Garscube Harriers Training.	Holiday No Garscube Harriers Training.	
<b>09 January</b>	<b>1200m Repetitions</b> 4 x 1200m with 90secs recovery. Location: St Peter the Apostle Track	<b>Timed Tempo</b> 7.5 miles; 5 min, 10 min and 15 min tempo. Pace 10k +10s min/mile or +06s min/km. 2 mins recovery between tempo sessions. Venue: Garscube SC <b>Route 14</b> <b>BIG SESSION</b>	Saturday Cross Country Training Session 2mins/3mins/4mins/5mins/4mins/3mins/2mins – take half the time of the previous rep as recovery Location: Colquhoun Park at 9:30am
<b>16 January</b>	<b>Mixed Distance Repetitions</b> 2-3 x 3k with 3 mins recovery. 4 x 300m with 100m jog recovery. Location: St Peter the Apostle Track	<b>Distance Tempo</b> 6.6 miles steady with optional 5k tempo at 10k pace +10s min/mile or +06s min/km. Location: Garscube SC <b>Route 9</b> <b>BIG SESSION</b>	Saturday <b>West District CC League Event 2</b> <b>Host club: Kilmarnock Harriers</b> <b>Venue: Ayrshire Athletics Arena.</b> <b>Winter League Event 7</b> Sunday <b>Nigel Barge 10k</b> <b>Garscube Estate</b> <b>Winter League Event 8</b>
<b>23 January</b>	<b>1600m Repetitions</b> 4 x 1600m with 90 secs recovery. Location: St Peter the Apostle Track	<b>Out and Back</b> 5-9 miles 25mins out and back. Athlete pace. GWR route. Location: Garscube SC <b>Route 20</b> <b>BIG SESSION</b>	Saturday Garscube Cross Country Training Session. 2mins/3mins/4mins/5mins x 2 with 2 mins recovery after each rep. Colquhoun Park at 9:30am. Sunday Scottish Veterans Harriers Club LSK Relays Location: Strathclyde Park. 11 am start

Week beginning	Tuesday	Thursday	Weekend
30 January	<b>Mixed Distance Repetitions</b> Session: 1km, 6 x 400m, 1km 200m recovery after 1km 60 secs after the 400m reps. Location: St Peter the Apostle Track.	<b>Distance Tempo</b> 6.4 miles steady with 5k tempo. Pace: 10k pace +20s min/mile or +12s min/km. Location: Garscube SC. <b>Route 4</b> <b>BIG SESSION</b>	<b>Saturday</b> <b>National Masters XC Championships</b> <b>Location: Tollcross Park, Glasgow</b> <b>It is only open to athletes over the age of 40.</b> <b>Garscube are hosting the event and volunteers are required for the organisation of the event.</b> <b>Contact John Bell.</b>
06 February	<b>1km Repetitions</b> 5 x 1km with 90s recovery. Venue: St Peter the Apostle Track.	<b>Hilly Tempo</b> 8 miles with 5 miles hilly tempo. Pace: Perceived effort where pace should feel comfortably hard. Location: Garscube SC. <b>Route 23 Winter</b> <b>BIG SESSION</b>	<b>Saturday</b> <b>West District CC League Event 3</b> <b>Host club: Bellahouston Road Runners.</b> <b>Venue: Bellahouston Park</b> <b>Winter League Event 9</b>
13 February	<b>400m Repetitions</b> 12-15 x 400m with 400m jog recovery. Location: St Peter the Apostle Track	<b>Distance Tempo</b> 6.5m with 3m tempo at 10k pace +20s min/mile or +12s min/km. Location: Garscube SC <b>Route 6</b> <b>BIG SESSION</b>	<b>Saturday</b> Garscube Cross Country Training Session Session: 10 mins Tempo, 10 x 1min efforts, 10mins Tempo. Venue Colquhoun Park at 9:30am.
20 February	<b>Mixed Distance Repetitions</b> 2 x 800m with 90secs recovery; 4 x 400m with 1 min recovery Location: St Peter the Apostle Track.	<b>Easy Run</b> 6-7 miles easy pace Pace: 10k pace +50-90 secs min/mile or 31-56 secs min/km Location: Garscube SC <b>Route 3</b> <b>BIG SESSION</b>	<b>Saturday</b> <b>Scottish XC Championship - Club Championship</b> <b>Location: Callander Park, Falkirk - club entry</b> <b>Winter League Event 10 and Handicap Event.</b>

<b>Week beginning</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Weekend</b>
<b>27 February</b>	<b>Timed Tempo Repetition</b> 5 mins tempo; 10 x 1min with 1min recovery, 5mins tempo. Pace - Run as you feel during 5 min tempo and regroup pack for 1 min reps, then run as you feel to finish. Location: St Peter the Apostle Track.	<b>Distance Tempo</b> 6.6 miles steady with optional 5k tempo at 10k pace +10s min/mile or +06s min/km. Location: Garscube SC <b>Route 9</b> <b>BIG SESSION</b>	Saturday Allan Scally Relay. 4 x 5km Team event Location: Glasgow Green.
<b>06 March</b>	<b>200m Repetitions</b> 15 x 200m with 200m jog recovery. Location: St Peter the Apostle Track.	<b>Distance Tempo</b> 7-8 miles, 2 x 2miles with 0.34 miles recovery at 10k pace +20s min/mile or +12s min/km. Location: Garscube SC <b>Route 16</b> <b>BIG SESSION</b>	<b>Sunday</b> <b>DAAA 10m or half Marathon</b> <b>Winter League Event 12</b> <b>Details to be confirmed</b>
<b>13 March</b>	<b>Mixed Distance Repetitions</b> Session: 1200m, 1km, 800m, 600m x 2 sets with 90 secs, 75 secs and 60 secs recovery after each rep with 3 mins jog between sets. Location: St Peter the Apostle Track.	<b>Stepping Stone</b> 7.4 miles Stepping Stone Session 1 mile at 10k pace, 1 mile at 10k pace + 1min/mile or 37s min/km x 3. Location: Garscube SC <b>Route 12</b> <b>BIG SESSION</b>	<b>Sunday</b> <b>Jack Crawford 10k</b> <b>Location: The Leisuredrome Bishopbriggs</b> <b>Winter League Event 11</b>
<b>20 March</b>	<b>200m Repetitions</b> 20 x 200m with 200m jog recovery. Location: St Peter the Apostle Track.	<b>Timed Tempo</b> 6.5 miles with optional 15 min tempo at 10k pace+20s min/mile or +12s min/km. Location: Garscube SC. <b>Route 6</b>	<b>Saturday</b> <b>National 6/4 Stage Road Relay</b> <b>Championships Livingston.</b>



Week beginning	Tuesday	Thursday	Weekend
27 March	<b>600m Repetitions</b> 6 x 600m with 200m jog recovery. Location: St Peter the Apostle Track	<b>Out and Back</b> 5-9 miles 25mins out and back. Athlete pace. GWR route. Location: Garscube SC <b>Route 20</b>	

**Pack Training Pace for 10k, 5k and 3k**

Packs	Tuesday Training Groups	10K Race time	10K Pace/Mile	5k Race Time	5k pace/Mile	3K Race Time	3k Pace/Mile
I	1	31 to 33	5.00 to 5-19	14-56 to 15-53	4-49 to 5-07	8-30 to 9-02	4-33 to 4-51
I	1	33 to 35	5-19 to 5-38	15-53 to 16-51	5-07 to 5-25	9-02 to 9-35	4-51 to 5-08
I	1	35 to 36	5-38 to 5-48	16-51 to 17-20	5-25 to 5-35	9-35 to 9-52	5-08 to 5-17
H	2	36 to 38	5-48 to 6-07	17-20 to 18-18	5-35 to 5-53	9-52 to 10-25	5-17 to 5-35
H	2	38 to 40	6-07 to 6-26	18-18 to 19-16	5-53 to 6-12	10-25 to 10-58	5-35 to 5-52
G	2	40 to 42	6-26 to 6-46	19-16 to 20-13	6-12 to 6-31	10-58 to 11-31	5-52 to 6-10
F	3	42 to 43	6-46 to 6-55	20-13 to 20-42	6-31 to 6-40	11-31 to 11-47	6-10 to 6-19
F	3	43 to 45	6-55 to 7-15	20-42 to 21-40	6-40 to 6-58	11-47 to 12-20	6-19 to 6-37
E	3	45 to 47	7-15 to 7-34	21-40 to 22-38	6-58 to 7-17	12-20 to 12-53	6-37 to 6-54
D	4	47 to 48	7-34 to 7-43	22-38 to 23-07	7-17 to 7-26	6-54 to 13-09	6-54 to 7-03
D	4	48 to 50	7-43 to 8-03	23-07 to 24-05	7-26 to 7-45	13-09 to 13-42	7-03 to 7-21
C	4	50 to 52	8-03 to 8-22	24-05 to 25-02	7-45 to 8-04	13-42 to 14-15	7-21 to 7-38
C	4	52 to 55	8-22 to 8-51	25-02 to 26-29	8-04 to 8-31	14-15 to 15-04	7-38 to 8-05
B	5	55 to 57	8-51 to 9-11	26-29 to 27-27	8-31 to 8-50	15-04 to 15-37	8-05 to 8-22
B	5	57 to 60	9-11 to 9-39	27-27 to 28-53	8-50 to 9-18	15-37 to 16-27	8-22 to 8-49
A	5	60 to 70	9-39 to 11-16	28-53 to 33-42	9-18 to 10-52	16-27 to 19-11	8-49 to 10-17

**Note: 5k and 3k race and pace times calculated from 10k time using McMillan calculator**

**Thursday Training Pace Chart**

Packs	10K Race time	Fast Tempo 10k Pace	Short Tempo Pace 10k + 10s	Medium Tempo Pace 10k + 20s	10m Pace	Half Marathon Pace	Warm Up/Down Pace 10k +90s
I	31 to 33	5.00 to 5-19	5-10 to 5-29	5-20 to 5-39	5-11 to 5-31	5-17 to 5-37	6-30 to 6-49
I	33 to 35	5-19 to 5-38	5-29 to 5-48	5-39 to 5-58	5-31 to 5-51	5-37 to 5-57	6-49 to 7-08
I	35 to 36	5-38 to 5-48	5-49 to 5-58	5-59 to 6-08	5-51 to 6-01	5-57 to 6-08	7-08 to 7-18
H	36 to 38	5-48 to 6-07	5-58 to 6-17	6-08 to 6-27	6-01 to 6-21	6-08 to 6-28	7-18 to 7-37
H	38 to 40	6-07 to 6-26	6-17 to 6-36	6-27 to 6-46	6-21 to 6-41	6-28 to 6-48	7-37 to 7-56
G	40 to 42	6-26 to 6-46	6-36 to 6-56	6-46 to 7-06	6-41 to 7-01	6-48 to 7-09	7-56 to 8-16
F	42 to 43	6-46 to 6-55	6-56 to 7-05	7-06 to 7-15	7-01 to 7-11	7-09 to 7-19	8-16 to 8-25
F	43 to 45	6-55 to 7-15	7-05 to 7-25	7-15 to 7-35	7-11 to 7-31	7-19 to 7-39	8-25 to 8-45
E	45 to 47	7-15 to 7-34	7-25 to 7-44	7-35 to 7-54	7-31 to 7-51	7-39 to 8-00	8-45 to 9-04
D	47 to 48	7-34 to 7-43	7-44 to 7-53	7-54 to 8-03	7-51 to 8-01	8-00 to 8-10	9-04 to 9-13
D	48 to 50	7-43 to 8-03	7-53 to 8-13	8-03 to 8-23	8-01 to 8-21	8-10 to 8-31	9-13 to 9-33
C	50 to 52	8-03 to 8-22	8-13 to 8-32	8-23 to 8-42	8-21 to 8-41	8-31 to 8-51	9-33 to 9-52
C	52 to 55	8-22 to 8-51	8-32 to 9-01	8-42 to 9-11	8-41 to 9-12	8-51 to 9-22	9-52 to 10-21
B	55 to 57	8-51 to 9-11	9-01 to 9-21	9-11 to 9-31	9-12 to 9-32	9-22 to 9-42	10-21 to 10-41
B	57 to 60	9-11 to 9-39	9-21 to 9-49	9-31 to 9-59	9-32 to 10-02	9-42 to 10-13	10-41 to 11-09
A	60 to 70	9-39 to 11-16	9-49 to 11-26	9-59 to 11-36	10-02 to 11-42	10-13 to 11-55	11-09 to 12-46

**Tuesday Training 10km Pace Chart Target Times**

Pack	Training Groups	10K Race time	400m Target Time	600m Target Time	800m Target Time	1km Target Time	1200m Target Time	1mile Target Time	2km Target Time	3km Target Time
I	1	31 to 33	1-14 to 1-19	1-52 to 1-58	2-29 to 2-38	3-06 to 3-17	3-43 to 3-58	5-00 to 5-19	6-12 to 6-36	9-19 to 9-55
I	1	33 to 35	1-19 to 1-24	1-58 to 2-06	2-38 to 2-48	3-17 to 3-29	3-58 to 4-12	5-19 to 5-38	6-36 to 7-00	9-55 to 10-30
I	1	35 to 36	1-24 to 1-26	2-06 to 2-09	2-48 to 2-53	3-29 to 3-36	4-12 to 4-19	5-38 to 5-48	7-00 to 7-12	10-30 to 10-49
H	2	36 to 38	1-26 to 1-31	2-09 to 2-16	2-53 to 3-02	3-36 to 3-47	4-19 to 4-33	5-48 to 6-07	7-12 to 7-36	10-49 to 11-24
H	2	38 to 40	1-31 to 1-35	2-16 to 2-22	3-02 to 3-11	3-47 to 3-59	4-33 to 4-48	6-07 to 6-26	7-36 to 8-00	11-24 to 12-00
G	2	40 to 42	1-35 to 1-40	2-22 to 2-30	3-11 to 3-21	3-59 to 4-11	4-48 to 5-03	6-26 to 6-46	8-00 to 8-25	12-00 to 12-37
F	3	42 to 43	1-40 to 1-43	2-30 to 2-34	3-21 to 3-26	4-11 to 4-17	5-03 to 5-09	6-46 to 6-55	8-25 to 8-36	12-37 to 12-54
F	3	43 to 45	1-43 to 1-48	2-34 to 2-42	3-26 to 3-36	4-17 to 4-30	5-09 to 5-24	6-55 to 7-15	8-36 to 9-00	12-54 to 13-31
E	3	45 to 47	1-48 to 1-53	2-42 to 2-49	3-36 to 3-46	4-30 to 4-41	5-24 to 5-38	7-15 to 7-34	9-00 to 9-24	13-31 to 14-06
D	4	47 to 48	1-53 to 1-55	2-49 to 2-52	3-46 to 3-50	4-41 to 4-47	5-38 to 5-45	7-34 to 7-43	9-24 to 9-35	14-06 to 14-23
D	4	48 to 50	1-55 to 2-00	2-52 to 3-00	3-50 to 4-00	4-47 to 5-00	5-45 to 6-00	7-43 to 8-03	9-35 to 10-00	14-23 to 15-00
C	4	50 to 52	2-00 to 2-04	3-00 to 3-06	4-00 to 4-09	5-00 to 5-11	6-00 to 6-14	8-03 to 8-22	10-00 to 10-24	15-00 to 15-36
C	4	52 to 55	2-04 to 2-11	3-06 to 3-16	4-09 to 4-23	5-11 to 5-29	6-14 to 6-36	8-22 to 8-51	10-24 to 11-00	15-36 to 16-30
B	5	55 to 57	2-11 to 2-16	3-16 to 3-24	4-23 to 4-33	5-29 to 5-41	6-36 to 6-50	8-51 to 9-11	11-00 to 11-25	16-30 to 17-07
B	5	57 to 60	2-16 to 2-24	3-24 to 3-36	4-33 to 4-48	5-41 to 5-59	6-50 to 7-12	9-11 to 9-39	11-25 to 12-00	17-07 to 18-00
A	5	60 to 70	2-24 to 2-48	3-36 to 4-12	4-48 to 5-36	5-59 to 7-00	7-12 to 8-24	9-39 to 11-16	12-00 to 14-00	18-00 to 21-00

**Tuesday Training 5km Pace Chart Target Times**

Pack	Training Groups	10K Race time	5k Race Time	400m Target Time	500m Target Time	600m Target Time	800m Target Time	1km Target Time	1200m Target Time	2km Target Time	1mile Target Time
I	1	31 to 35	14-56 to 15-53	1-12 to 1-16	1-30 to 1-35	1-48 to 1-54	2-25 to 2-32	3-00 to 3-10	3-37 to 3-48	5-59 to 6-20	4-49 to 5-07
I	1	33 to 35	15-53 to 16-51	1-16 to 1-20	1-35 to 1-40	1-54 to 2-00	2-32 to 2-41	3-10 to 3-21	3-48 to 4-01	6-20 to 6-42	5-07 to 5-25
I	1	35 to 36	16-51 to 17-20	1-20 to 1-23	1-40 to 1-44	2-00 to 2-04	2-41 to 2-46	3-21 to 3-27	4-01 to 4-08	6-42 to 6-54	5-25 to 5-35
H	2	36 to 38	17-20 to 18-18	1-23 to 1-27	1-44 to 1-49	2-04 to 2-10	2-46 to 2-55	3-27 to 3-38	4-08 to 4-21	6-54 to 7-16	5-35 to 5-53
H	2	38 to 40	18-18 to 19-16	1-27 to 1-32	1-49 to 1-55	2-10 to 2-18	2-55 to 3-05	3-38 to 3-51	4-21 to 4-37	7-16 to 7-41	5-53 to 6-12
G	2	40 to 42	19-16 to 20-13	1-32 to 1-37	1-55 to 2-01	2-18 to 2-25	3-05 to 3-14	3-51 to 4-02	4-37 to 4-50	7-41 to 8-04	6-12 to 6-31
F	3	42 to 43	20-13 to 20-42	1-37 to 1-39	2-01 to 2-04	2-25 to 2-28	3-14 to 3-19	4-02 to 4-09	4-50 to 4-59	8-04 to 8-18	6-31 to 6-40
F	3	43 to 45	20-42 to 21-40	1-39 to 1-44	2-04 to 2-10	2-28 to 2-36	3-19 to 3-28	4-09 to 4-20	4-59 to 5-12	8-18 to 8-40	6-40 to 6-58
E	3	45 to 47	21-40 to 22-38	1-44 to 1-48	2-10 to 2-15	2-36 to 2-42	3-28 to 3-37	4-20 to 4-31	5-12 to 5-25	8-40 to 9-02	6-58 to 7-17
D	4	47 to 48	22-38 to 23-07	1-48 to 1-50	2-15 to 2-17	2-42 to 2-45	3-37 to 3-41	4-31 to 4-36	5-25 to 5-31	9-02 to 9-12	7-17 to 7-26
D	4	48 to 50	23-07 to 24-05	1-50 to 1-55	2-17 to 2-24	2-45 to 2-52	3-41 to 3-51	4-36 to 4-48	5-31 to 5-45	9-12 to 9-36	7-26 to 7-45
C	4	50 to 52	24-05 to 25-02	1-55 to 2-00	2-24 to 2-30	2-52 to 3-00	3-51 to 4-00	4-48 to 5-00	5-45 to 6-00	9-36 to 10-00	7-45 to 8-04
C	4	52 to 55	25-02 to 26-29	2-00 to 2-07	2-30 to 2-39	3-00 to 3-10	4-00 to 4-14	5-00 to 5-17	6-00 to 6-20	10-00 to 10-34	8-04 to 8-31
B	5	55 to 57	26-29 to 27-27	2-07 to 2-12	2-39 to 2-45	3-10 to 3-18	4-14 to 4-23	5-17 to 5-29	6-20 to 6-35	10-34 to 10-58	8-31 to 8-50
B	5	57 to 60	27-27 to 28-53	2-12 to 2-18	2-45 to 2-53	3-18 to 3-27	4-23 to 4-37	5-29 to 5-46	6-35 to 6-55	10-58 to 11-32	8-50 to 9-18
A	5	60 to 70	28-53 to 33-42	2-18 to 2-32	2-53 to 3-10	3-27 to 4-03	4-37 to 5-05	5-46 to 6-21	6-55 to 7-37	11-32 to 12-42	9-18 to 10-52

**Tuesday Training 3km Pace Chart Target Times**

<b>Packs</b>	<b>Trainin g Groups</b>	<b>10K Race time</b>	<b>3K Race Time</b>	<b>300m Target Time</b>	<b>400m Target Time</b>	<b>600m Target Time</b>	<b>1000m Target Time</b>	<b>1200m Target Time</b>	<b>1m Target Time</b>
I	1	31 to 33	08-30 to 09-02	0-50 to 0-52	1-07 to 1-12	1-41 to 1-48	-49 to 3-00	3-23 to 3-36	4-33 to 4-51
I	1	33 to 35	09-02 to 09-35	0-52 to 0-57	1-12 to 1-16	1-48 to 1-54	3-00 to 3-11	3-36 to 3-49	4-51 to 5-08
I	1	35 to 36	09-35 to 09-52	0-57 to 0-59	1-16 to 1-18	1-54 to 1-58	3-11 to 3-17	3-49 to 3-56	5-08 to 5-17
H	2	36 to 38	09-52 to 10-25	0-59 to 1-02	1-18 to 1-23	1-58 to 2-04	3-17 to 3-28	3-56 to 4-09	5-17 to 5-35
H	2	38 to 40	10-25 to 10-58	1-02 to 1-05	1-23 to 1-27	2-04 to 2-10	3-28 to 3-38	4-09 to 4-21	5-35 to 5-52
G	2	40 to 42	10-58 to 11-31	1-05 to 1-09	1-27 to 1-32	2-10 to 2-18	3-38 to 3-50	4-21 to 4-36	5-52 to 6-10
F	3	42 to 43	11-31 to 11-47	1-09 to 1-10	1-32 to 1-34	2-18 to 2-21	3-50 to 3-55	4-36 to 4-42	6-10 to 6-19
F	3	43 to 45	11-47 to 12-20	1-10 to 1-13	1-34 to 1-38	2-21 to 2-27	3-55 to 4-06	4-42 to 4-55	6-19 to 6-37
E	3	45 to 47	12-20 to 12-53	1-13 to 1-17	1-38 to 1-42	2-27 to 2-34	4-06 to 4-17	4-55 to 5-08	6-37 to 6-54
D	4	47 to 48	12-53 to 13-09	1-17 to 1-18	1-42 to 1-44	2-34 to 2-37	4-17 to 4-22	5-08 to 5-15	6-54 to 7-03
D	4	48 to 50	13-09 to 13-42	1-18 to 1-22	1-44 to 1-49	2-37 to 2-44	4-22 to 4-34	5-15 to 5-28	7-03 to 7-21
C	4	50 to 52	13-42 to 14-15	1-22 to 1-25	1-49 to 1-53	2-44 to 2-50	4-34 to 4-44	5-28 to 5-41	7-21 to 7-38
C	4	52 to 55	14-15 to 15-04	1-25 to 1-30	1-53 to 2-00	2-50 to 3-00	4-44 to 5-01	5-41 to 6-01	7-38 to 8-05
B	5	55 to 57	15-04 to 15-37	1-30 to 1-33	2-00 to 2-04	3-00 to 3-07	5-01 to 5-12	6-01 to 6-14	8-05 to 8-22
B	5	57 to 60	15-37 to 16-27	1-33 to 1-38	2-04 to 2-11	3-07 to 3-16	5-12 to 5-28	6-14 to 6-34	8-22 to 8-49
A	5	60 to 70	16-27 to 19-11	1-38 to 1-55	2-11 to 2-33	3-16 to 3-49	5-28 to 6-23	6-34 to 7-40	8-49 to 10-17

### **Club Routes**

- 01 – 5.6m – QMD to Esquire House
- 02 – 6.2m – Canal/ Almond Road
- 03 – 6.4m – Dorchester Ave/Bearsden Rd/Roman Rd
- 04 – 6.4m – Archerhill Road/Danes Drive
- 05 – 6.5m – Fulton St/Lincoln Ave/Danes Dr /Balshagray Rd/ Anniesland Rd
- 06 – 6.6m – Crow Road/GWR/QMD
- 07 – 6.6m – QMD/Clarence Drive /Anniesland Cross
- 08 – 6.6m – Crow Road/Hyndland Road /QMD
- 09 – 6.6m – Fulton St/Lincoln Ave/Kelso St/ Anniesland Rd
- 10 – 6.7m – Canal/QMD/Kelvin Walkway
- 11 – 7m – Drymen Rd, Stockiemuir Rd/ Bocclair Rd, Rannoch Dr
- 12 – 7.4m – Drumchapel/ Alderman Road
- 13 – 7.4m – Westland Drive/Crow Road/ Hyndland Road/Cleveden Road
- 14 – 7.5m – Dorchester Ave/Hyndland Road/ Anniesland Road
- 15 – 7.5m – Rannoch Drive/Stockiemuir Ave
- 16 – 7.5m – Crow Road/ Southbrae Ave
- 17 – 7.5m – Canal/Kelvin Walkway/GWR
- 18 – 7.5m – Milngavie Rd/Glasgow Rd/Mosshead Rd/Stockiemuir Rd/Ave/Maryhill Rd
- 19 – 7.5m – QMD/Hyndland Rd Anniesland Cross/Switchback Rd/ Braemar/Maryhill Rd
- 20 – 25mins Out and Back – GWR
- 21 – 6-8m Out and Back Canal run – Westerton 2m/Blairdardie 3m
- 22 – 25mins Out and Back on Canal – Lock 27 to Clydebank
- 23 – 8m – GWR/Canal/Dawsholm Road
- 23 – 8m – Crow Rd / Hyndland / Cleveden Rd / Maryhill Rd  
(Winter)
- 24 – 8.1m – Milngavie Rd/Glasgow Rd/Mosshead Rd/Stockiemuir/Switchback Rd
- 25 – 8.4m – Milngavie Rd/Glasgow Rd/Mosshead Rd/Stockiemuir/Switchback Rd