



Garscube Harriers Spring/Summer Training Sessions
27 March 2023 to 01 October 2023
Issue 2

Day	Session	Duration
Tuesday	Speed Endurance	28 March 2023 to 26 September 2023
Thursday	Endurance/Tempo	30 March 2023 to 28 September 2023

Notes on the Training Sessions

We have produced a 6month schedule to help you look ahead to key races, including the Summer 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. Training locations are specified in the training plan.

1/ Training Location: St Peter the Apostle Track, Kirkoswald Drive, Clydebank G81 2DB.

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 tempo sessions of various lengths to help you develop your running economy.

Training Location: Garscube Sports Complex, West of Scotland Science Park, Maryhill Road, Glasgow G20 0SP.

Session Timings: Groups go out from 7pm (A-C), Session announcements 7:10pm, then D-I at 1 min intervals

The Warm up and Cool down are included in the session unless otherwise specified in the weekly session announcement

The Summer League races are highlighted. We hope to do well in the main championship races over the summer 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
27 March	600m Repetitions 6x600m with 2 mins recovery. Location: St Peter the Apostle Track	40 min Out and Back 5-8m, 20 mins Out and 20 mins back. Pace: Athlete selects pace. <u>Route 20</u>	Sunday: TOM SCOTT 10M STRATHCLYDE PARK SUMMER LEAGUE Event 1 National and West District 10m Championship
03 April	500m Repetitions Session: 10 x 500m with a 90 secs recovery. Location: St Peter the Apostle Track.	Distance Tempo on Canal 6.2m, 5k tempo at 10k pace +10 secs min mile or +6secs min km. <u>Route 2</u>	
10 April	400m Repetitions Session: 12 x 400m with a 90 secs recovery Location: St Peter the Apostle Track.	Timed Tempo Session: 7.5m, 5 mins tempo, 10 mins tempo, 15 mins tempo with 90 secs recovery between tempo sessions. Pace: 10k pace + 20 secs min mile or +12s min km. <u>Route 17.</u>	Sunday British Masters 10k Championship. Round the Houses. Grangemouth. Summer League Event 2
17 April	1200m Repetitions Session: 3 x 1200 m with 90 secs recovery Location: St Peter the Apostle Track.	7-8m Stepping Stone Session 1m warm up, 1m at 10k pace, 1m at 10k pace + 60secs min mile or 37 secs min km x 3. <u>Route 24</u>	
24 April	DAAA 5k Championship Summer League Event 3 Location: St Peter the Apostle Track.	Steady/Timed Tempo on Canal/KWW 6.7m with optional 15 mins tempo at 10k pace +20 secs min mile or +12secs min km. <u>Route 10</u>	

Week beginning	Tuesday	Thursday	Wednesday/Weekend
01 May	600m Repetitions Session: 6 x 600m with 75 secs recovery. Location: St Peter the Apostle Track.	Distance Tempo 7.5m with 4m tempo Pace: 10k pace+10s min/ mile or +06s min/km Location: Garscube SC <u>Route 14</u>	Wednesday Snowball 5 mile. SVHC Event Summer League Event 4 Friday: Scottish 5k Road Race Championship. Club 5k Road Championship Silverknowes Edinburgh. Summer League Event 5
08 May	1000m Repetitions Session: 3 x 1000m with 75 secs recovery. Location: St Peter the Apostle Track.	40 min - Out and Back on Canal 5-8m, 20.5 mins Out and 19.5 mins back. Pace: Athlete selects pace. Suggest steady if running Scottish 10k Championship <u>Route 22</u>	Sunday Babcock Shettleston 10k Scottish 10k Championship Summer League Event 6 Glasgow Green
15 May	200m Repetitions Session: 12-15 x 200m with 200m continuous jog recovery. All recoveries shall be the same time over 200m. Location: St Peter the Apostle Track.	7.5m - Timed Tempo on Canal/KWW 7.5 m with 5 mins tempo, 10 mins tempo, 15 mins tempo with 90 secs recovery between tempo sessions. Pace: 10k pace + 10 secs min mile or +6secs min km. <u>Route 17</u>	
22 May	400m Repetitions Session: 3 sets of 4 x 400m; 1 min between 400s and 5 mins between sets. 2 sets if running 10k championship Location: St Peter the Apostle Track.	Dumbarton 10k Club 10k Championship Summer League Event 7. No coached session	
29 May	300m Repetitions Session: 3sets of 5x300m with 1 min between 300s and 3 minutes recovery between sets. Location: St Peter the Apostle Track.	Distance Tempo 6.6m, 5k tempo at 10k pace +10secs min mile or +6secs min km. <u>Route 7</u>	Saturday 03 June Club West Highland Way Team Race. Summer League Event 8. See Athole and Emma for details.

Week beginning	Tuesday	Thursday	Weekend
05 June	5K Track Championship Summer League Event 9 Pack Prizes Pre enter via Facebook race post. Location: St Peter the Apostle Track.	6.4m - Distance Tempo 6.4m run with 5k tempo at 10k pace+10 secs min mile or +6secs min km. <u>Route 4</u>	
12 June	600m Repetitions Session: 5 x 600m with 90 secs recovery Location: St Peter the Apostle Track.	Distance Tempo on Canal/KWW 6.7m steady with 5k tempo at 10k pace +10 secs min mile or +6secs min km. <u>Route10</u>	
19 June	400m Repetitions Session: 8-10 x 400m with a 60 secs recovery. Location: St Peter the Apostle Track.	7-8m Stepping Stone Session 1m warm up, 1m at 10k pace, 1m at 10k pace + 60secs min mile or 37 secs min km] x 3. <u>Route 24</u>	
26 June	500m Repetitions Session: 8 x 500m with 75 secs recovery. Location: St Peter the Apostle Track.	Steady run on Canal 6.2m steady run. <u>Route 2</u>	Wednesday 28 June SVHC 5k Road Championship. Summer League Event 10. Clydebank
03 July	Mixed Distance Repetitions Session: 1 x 800m, 1 x 200m, 1 x 600m, 1x 200m, 2 x 400m, 1 x 200m. Recoveries 90 secs after 800m, 45 secs after the 200m, 75 secs after the 600m, 45 secs after 200m, 60 secs after 400m and finish. Location: St Peter the Apostle Track.	7m - Hilly Tempo 7m with 4m hilly tempo. Pace: Perceived effort where pace should feel comfortably hard. Route 11	

Week beginning	Tuesday	Thursday	Weekend
10 July	300m Repetitions Session: 12-15 x 300m with 100m jog or walk. Location: St Peter the Apostle Track.	8m - Timed Tempo on Canal 8m with 3 x 10mins at 10k pace +10 secs min mile or +6secs min km with 90 secs recovery between tempo sections <u>Route 23 (summer).</u>	
17 July	800m Repetition Session: 4-6 x 800m with 2 mins recovery. Location: St Peter the Apostle Track.	Charlie Kilshaw 5mile Summer League Event 11. Handicap Event. Milngavie Waterworks No coached session	
24 July	200m Repetitions Session: 12-15 x 200m with 200m continuous jog recovery. Location: St Peter the Apostle Track.	7.5m - Distance Tempo 2x2m Tempo session at 10k pace +10 secs min mile or +6secs min km with 0.36m recovery between each 2m tempo. <u>Route 16</u>	Sunday 30 July Around Cumbræ 10m Millport Summer League Event 12
31 July	400m Repetitions Session: 10 x 400m with a 60 secs recovery. Location: St Peter the Apostle Track	7.5m - Timed Tempo on Canal/KWW 7.5 m with 5min tempo, 10min tempo, 15 mins tempo with 90s recovery between tempo sessions. Pace: 10k pace + 10 sec min mile or +6secs min km <u>Route 17</u>	

Week beginning	Tuesday	Thursday	Weekend
07 August	Senior Track 1 mile championship Pre enter via Facebook race post. Location: St Peter the Apostle Track. Summer League Event 13	40 min Out and Back on Canal Session: 20.5 mins Out and 19.5 mins Back Pace: Athlete selects pace. <u>Route 21</u>	Training Weekend: 11 - 13 August Weem Hilly Race Summer League Event 14.
14 August	600m Repetitions Session: 6-8 x 600m with 75 secs recovery. Location: St Peter the Apostle Track.	Henderson Cup - 10k Trail/Off Road. Summer League Event 15. Handicap Event No coached session	.
21 August	800m Repetitions Session: 6 x 800m with 2 mins recovery. Location: St Peter the Apostle Track.	7.5m - Progression run 2m at 10k pace +30 secs min mile or +18secs min km. 2m at 10k pace +20 secs min mile or +12secs min km 1m at 10k pace <u>Route 18</u>	
28 August	Mixed Distance Repetitions Session: 800m, 600m, 400m, 200m x 2 sets with 90 secs, 75 secs and 60 secs recovery after each rep with 5 min jog between sets. Location: St Peter the Apostle Track.	Distance Tempo on Canal/KWW 6.7m steady with 5k tempo at 10k pace +20 secs min mile or +12secs min km. <u>Route10</u>	

Week beginning	Tuesday	Thursday	Weekend
04 September	Timed Repetitions Session: 4mins, 3 mins, 2mins, 1 mins x 2 sets. 60 secs recovery between timed repetitions. Location: St Peter the Apostle Track.	7.5m - Distance Tempo on Canal 7.5m run with 4m Tempo at 10k pace +10 secs min mile or +6secs min km <u>Route 17</u>	Saturday 09 September Springburn Parkrun Summer League Event 16
11 September	1mile Repetitions Session: 3 x 1mile with a 2 mins recovery. Location: St Peter the Apostle Track.	7.4m - Stepping Stone Session [1m at half pace, 1m at half pace + 40 secs min km or +25s min km] x 3. <u>Route 12</u>	
18 September	200m Repetitions Session: 15-20 x 200m with 200m continuous jog recovery. Location: St Peter the Apostle Track.	8m - Timed Tempo on Canal 8m with 3x10mins at half pace with 90 secs recovery between tempo sections. <u>Route 23 (summer)</u>	
25 September	600m Repetitions Session: 6x 600m with 90 secs recovery. Location: St Peter the Apostle Track.	5.6m - Steady Run 5.6m steady run with 2m tempo at half pace. <u>Route 1</u>	Sunday: Glasgow Half Marathon Incorporating: Club Half Marathon Championship Summer League Event 17

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 17-17	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 Tempo10k 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 17-17
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

Packs	Training Groups	10K Race time	3K Race Time	300m Target Time	400m Target Time	600m Target Time	1000m Target Time	1200m Target Time	1m Target Time
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/Clevedon 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 / Clevedon 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