

**Garscube Harriers Winter Training Sessions**

**02 October 2023 to 28 March 2024**

**Issue**

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| **Day** | **Session** | **Duration** |
| Tuesday | Speed Endurance | 02 October 2022 to 26 March 2024 |
| Thursday | Endurance/Tempo  BIG | 04 October 2022 to 28 March 2024  11 January 2023 to 14 March 2024 |
| Saturday | Cross Country Training | 14 October 2023 to 10 February 2024 |

**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.

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 2023 to February 2024. 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

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| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **02 October** | **300m Repetitions**  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. | **Steady run with Optional Tempo**  6.8 miles steady pack run with optional  15 min tempo.  Pace: 10k pace+20s min/mile or +12s min/km  Location: Garscube SC.  **Route 6** | **Saturday:**  **WEST DISTRICT CC RELAY - club entry.**  **Location: Alexander Park Glasgow.**  **Winter League Event 1.** |
| **09 October** | **Mixed Distance Repetitions**  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. | **Distance Tempo**  6.9 miles with 5k tempo Pace: 10k pace +10s min/mile or 06s min/km.  Location: Garscube SC.  **Route 4** | **Saturday:**  **DAAA Relays - club entry.**  **Location: Levengrove Park.**  **Winter League Event 2.**  **Saturday**  GAA XC Session.  Venue: Bellahouston Park, 10.30 am start. |
| **16 October** | **Mixed Distance Repetitions**  Session: 1km, 6x400m, 1km with 200m recovery after 1km and 60 secs after the 400m reps.  Location: St Peter the Apostle Track. | **Steady run with Optional Tempo**  6.9 miles run with optional 15min tempo section.  Pace: 10k pace+20s min/ mile or +12s min/km  Location: Garscube SC.  **Route 8** | **Saturday:**  **National XC relays - club entry**  **Location: Cumbernauld House.**  **Winter League Event 3.** |
| **23 October** | **1600m Repetitions**  Session: 3-4x1600m with 90 secs recovery.  Location: St Peter the Apostle Track. | **Hilly Tempo**  6.6 miles with 4mile hilly tempo.  Pace: Perceived effort where pace should feel comfortably hard.  Location: Garscube SC.  **Route 10** | **Saturday**  **Glasgow University 5 mile race.**  **Location: Garscube**  **Winter League Event 4** |

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| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **30 October** | **800m Repetitions**  6-8 x 800ms with 90 secs to 120 secs recovery based on packs.  Location: St Peter the Apostle Track | **Steady run with Optional Tempo**  5.6 miles with optional 10 min tempo.  Pace: 10k pace+20s min/ mile or +12s min/km  Location: Garscube SC.  **Route 1** | **Saturday**  **Scottish Short Course XC - Club entry.**  **Location: Lanark Race Course.**  **Winter League Event 5.** |
| **06 November** | **200m Repetitions**  20 x 200m with 200m jog recovery.  Location: St Peter the Apostle Track | **Out and Back**  5-9 miles, 20 mins out and back. GWR route. Athlete pace.  Location: Garscube SC for warm up  **Route 16** | **Saturday**  **Masters International CC Event in Glasgow.**  **Tollcross Park.**  **Scottish team selection only.**  **Saturday**  GAA XC Session.  Venue: Pollock Park, 10.30 am start. |
| **13 November** | **1200m Repetitions**  4-5 x 1200m with 2 min recovery.  Location: St Peter the Apostle Track | **Distance Tempo**  7.7m with 4m tempo  Pace: 10k pace+10s min/ mile or +06s min/km  Location: Garscube SC  **Route 12** | **Saturday**  West District League Event 1  Host Club: Kilmarnock  Venue: Scott Ellis Playing Fields, Kilmarnock.  **Sunday**  **Brampton to Carlisle Road Race.**  **Winter League Event 6.** |
| **20 November** | **Mixed Distance Repetitions**  8 x 600m with 200m jog recovery.  4 x 300m with100m jog recovery.  Location: St Peter the Apostle Track | **Distance Tempo**  6.9 miles with 5k tempo.  Pace: 10k pace+10s min/ mile or +06s min/km  Location: Garscube SC.  **Route 4** | **Saturday**  **Dunbartonshire XC Championship - Club entry.**  **Balloch Castle Country Park.**  **Winter League Event 7.** |

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| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **27 November** | **2km Repetitions**  3 x 2km with 2min recovery.  Location: St Peter the Apostle Track | **Steady run with Optional Tempo**  6.8 miles with optional 10 min tempo.  Pace: 10k pace +20s min/mile or +12s min/km  Location: Garscube SC.  **Route 6** | **Saturday:**  **West District XC Championships - Club entry.**  **Strathaven**  **Winter League Event 8 Scratch race incorporating Event 9 McCAA Cup Handicap Race.** |
| **04 December** | **Mixed Distance Repetitions**  1mile/1200/800/600/400 with half distance jog recovery (e.g. 800 after 1600m).  Location: St Peter the Apostle Track | **Distance Tempo**  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.  **Route13** | **Sunday**  **Santa Dash.** |
| **11 December** | **200m Repetitions**  20 x 200m with 200m jog recovery  Location: St Peter the Apostle Track | **Out and Back**  5-9 miles, 25mins out and back. GWR route. Athlete pace  Location: Garscube SC for warm up.  **Route 16** | **Saturday:**  GAA XC Session.  Venue: Tollcross Park, 10.30 am start |
| **18 December** | **Timed Repetitions**  6-8 x 3 mins with 2 mins jog recovery.  Location: St Peter the Apostle Track. | **Progression Run**  6.9 miles progression run -2 miles steady, 2 miles at half marathon pace, 1 mile at 10k pace.  Location: Garscube SC  **Route 4** | Christmas Holiday weekend. |
| **25 December** | 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.  **Saturday**  GAA XC Session.  Venue: Bellahouston Park, 10.30 am start. |

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| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **01 January** | Holiday  No Garscube Harriers Training. | Holiday  No Garscube Harriers Training. | Holiday |
| **08 January** | **1200m Repetitions**  4 x 1200m with 90secs recovery.  Location: St Peter the Apostle Track | **Timed Tempo**  7.7 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  **Route 12**  **BIG SESSION 1** |  |
| **15 January** | **Mixed Distance Repetitions**  2-3 x 3k with 3 mins recovery.  4 x 300m with 100m jog recovery.  Location: St Peter the Apostle Track | **Distance Tempo**  6.9 miles steady with optional 5k tempo at 10k pace +10s min/mile or +06s min/km.  Location: Garscube SC  **Route 8**  **BIG SESSION 2** | **Saturday**  West District CC League Event 2  Host club: Bellahouston Harriers  Venue: Bellahouston Park  **Sunday**  **Nigel Barge 10k**  **Garscube Estate**  **Winter League Event 10** |
| **22 January** | **1600m Repetitions**  4 x 1600m with 90 secs recovery.  Location: St Peter the Apostle Track | **Out and Back**  5-9 miles  25mins out and back. Athlete pace.  GWR route.  Location: Garscube SC  **Route 16**  **BIG SESSION 3** | **Saturday:**  GAA XC Session.  Venue: Pollock Park, 10.30 am start.  **Sunday**  Scottish Veterans Harriers Club LSK Relays.  Location: Strathclyde Park. 11 am start. |

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| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **29 January** | **Mixed Distance Repetitions**  Session: 1km, 6 x 400m, 1km  200m recovery after 1km  60 secs after the 400m reps.  Location: St Peter the Apostle Track. | **Distance Tempo**  6.7 miles steady with 5k tempo.  Pace: 10k pace +10s min/mile or +06s min/km.  Location: Garscube SC.  **Route 3**  **BIG SESSION 4** |  |
| **05 February** | **1km Repetitions**  5 x 1km with 90s recovery.  Venue: St Peter the Apostle Track. | **Hilly Tempo**  8.4 miles with 5 miles hilly tempo.  Pace: Perceived effort where pace should feel comfortably hard.  Location: Garscube SC.  **Route 20**  **BIG SESSION 5** | **Saturday:**  West District CC League Event 3  Host club: TBA.  Venue: Renfrewshire  **Saturday**  GAA XC Session.  Venue: Pollock Park  **Sunday**  **National Masters CC Championships - club entry**  **Grant Park, Forres**  **Age Group age 40 plus.** |
| **12 February** | **400m Repetitions**  12-15 x 400m with 400m jog recovery.  Location: St Peter the Apostle Track | **Distance Tempo**  6.7m with 3m tempo at 10k pace +20s min/mile or +12s min/km.  Location: Garscube SC  **Route 5**  **BIG SESSION 6** |  |

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| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **19 February** | **Mixed Distance Repetitions**  2 x 800m with 90secs recovery;  4 x 400m with 1 min recovery  Location: St Peter the Apostle Track. | **Easy Run**  6.8 miles easy pace Pace: 10k pace +50-90 secs min/mile or 31-56 secs min/km  Location: Garscube SC  **Route 6**  **BIG SESSION 7** | **Saturday**  **Scottish XC Championship - Club Championship**  **Location: Callander Park, Falkirk - club entry**  **Winter League Scratch points Event 11 and Handicap points Event 12.** |
| **26 February** | **Timed Tempo Repetition**  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. | **Distance Tempo**  6.9 miles steady with optional 5k tempo at 10k pace +10s min/mile or +06s min/km.  Location: Garscube SC  **Route 8**  **BIG SESSION 8** | Saturday  Allan Scally Relay. 4 x 5km Team event  Location: Glasgow Green. |
| **04 March** | **200m Repetitions**  15 x 200m with 200m jog recovery.  Location: St Peter the Apostle Track. | **Distance Tempo**  7-8 miles, 2 x 2miles with 0.34 miles recovery at 10k pace +20s min/mile or +12s min/km.  Location: Garscube SC  **Route 13**  **BIG SESSION 9** | **Sunday**  **Jack Crawford 10k**  **Location: Bishopbriggs**  **Winter League Event 13** |

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| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **11 March** | **Mixed Distance Repetitions**  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. | **Stepping Stone**  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  **Route 11**  **BIG SESSION 10** | **Saturday**  **The Big Parkrun**  **Location: Springburn Park** |
| **18 March** | **200m Repetitions**  20 x 200m with 200m jog recovery.  Location: St Peter the Apostle Track. | **Timed Tempo**  6.7 miles with optional 15 min tempo at 10k pace+20s min/mile or +12s min/km.  Location: Garscube SC.  **Route 5** | **Saturday**  **National 6/4 Stage Road Relay Championships Livingston.** |
| **25 March** | **600m Repetitions**  6 x 600m with 200m jog recovery.  Location: St Peter the Apostle Track | **Out and Back**  5-9 miles  25mins out and back. Athlete pace.  GWR route.  Location: Garscube SC  **Route 16.** |  |

**Note:**

**DAAA 10m: Winter League Event 14 - Date to be confirmed may be April??**

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

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| **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 to17-17 | 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**

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| **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 to10-41 |
| 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**

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| **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**

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| **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 to17-17 |
| 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 |