

**Garscube Harriers Spring/Summer Training Sessions**

**25 March 2024 to 06 October 2024**

**Issue 3**

|  |  |  |
| --- | --- | --- |
| **Day** | **Session** | **Duration** |
| Tuesday | Speed Endurance | 26 March 2024 to 01 October 2024 |
| Thursday | Endurance/Tempo | 28 March 2024 to 03 October 2024 |

**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.

1. 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.

1. 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** |
| **25 March** | **600m Repetitions**  6 x 600m with 200m jog recovery.  Location: St Peter the Apostle Track. | **5.6m - Steady Run**  5.6m steady run with optional 2m tempo at 10m pace.  **Route 1** | **Sunday: 31 March TOM SCOTT 10M**  **STRATHCLYDE PARK**  **SUMMER LEAGUE Event 1**  **National 10m Championship** |
| **01 April** | **300m Repetitions**  Session: 3 sets of 5x300m with 1 min between 300m and 3 minutes recovery between sets.  Location: St Peter the Apostle Track. | **40 min Out and Back**  5-8m, 20.5 mins Out and 19.5 mins Back.  Pace: Athlete selects pace.  **Route 16** |  |
| **08 April** | **500m Repetitions**  Session: 10 x 500m with a 90s recovery.  Location: St Peter the Apostle Track. | **Timed Tempo**  Session: 7.7m, 5 mins tempo, 10 mins tempo, 15 mins tempo with 90s recovery between tempo sessions.  Pace: 10k pace + 20s min mile or +12s min km.  **Route 14.** | **Sunday 14 April**  **SVHC 10k Championship. Round the Houses. Grangemouth.**  **Summer League Event 2** |
| **15 April** | **400m Repetitions**  Session: 12 x 400m with a 90s recovery.  Location: St Peter the Apostle Track.  Looking to be faster due to generous recovery. | **Distance Tempo on Canal**  6.4m, 5k tempo at 10k pace +10s min mile or +6s min km.  **Route 2** | **Sunday 21 April**  **West District 10mile Championship**  **Incorporating the DAAA 10mile Championship**  **Summer League Event 3** |
| **22 April** | **1200m Repetitions**  Session:3 x 1200 m with 90s recovery,  4 x 300m with 100m jog recovery.  Location: St Peter the Apostle Track. | **7.7m Stepping Stone Session**  1m warm up, 1m at 10k pace, 1m at 10k pace + 60s min mile or 37s min km x 3.  **Route 15** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Week beginning** | **Tuesday** | **Thursday** | **Wednesday/Friday/Weekend** |
| **29 April** | **1000m Repetitions**  Session: 3 x 1000m with 75s recovery,  Optional 4 x 300m with 100m recovery.  Location: St Peter the Apostle Track. | **Steady/Timed Tempo on Canal/KWW**  6.7m with optional 15 mins tempo at 10k pace +20s min mile or +12s min km.  **Route 9** | **Friday 03 May: Scottish 5k Road Race Championship.**  **Club 5k Road Championship**  **Silverknowes Edinburgh.**  **Summer League Event 4** |
| **06 May** | **600m Repetitions**  Session: 6 x 600m with 75s recovery,  4 x 200m with 200m jog 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.  **Route 18** | **Sunday 12 May**  **Babcock Shettleston 10k**  **Scottish 10k Championship**  **Summer League Event 5**  **Glasgow Green** |
| **13 May** | No Club Session due to DAAA 5k Track Championship on Wednesday. | **Distance Tempo**  7.7m with 4m tempo  Pace: 10k pace+10s min/ mile or +6s min/km  **Route 12** | **Wednesday 15 May**  **DAAA 5k Track Championship**  **Summer League Event 6**  **Location: TBA.** |
| **20 May** | **200m Repetitions**  Session: 12-15 x 200m with 200m continuous jog recovery. All recoveries should be the same time over 200m.  Location: St Peter the Apostle Track. | **Dumbarton 10k**  **Club 10k Road Championship**  **Summer League Event 7.**  **No coached session** |  |
| **27 May** | **400m Repetitions**  Session: 3 sets of 4 x 400m; 1 min between 400m and 5 mins between sets.  Location: St Peter the Apostle Track. | **Helensburgh 10k**  **West District 10k Championship**  **Summer League Event 8**  **No coached session** | **Saturday & Sunday 01 & 02 June**  **WHW Relay weekend.**  **Summer League Event 9** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **03 June** | **300m Repetitions**  Session: 3sets of 5 x 300m with 1 min between 300m and 3 minutes recovery between sets.  Location: St Peter the Apostle Track. | **Distance Tempo**  6.8m, 5k tempo at 10k pace +10s min mile or +6s min km.  **Route 6** |  |
| **10 June** | **5K Track Championship**  **Summer League Event 10**  **Pack Prizes**  **Pre enter via Facebook race post.**  **Location: St Peter the Apostle Track.** | **6.5m - Distance Tempo**  6.4m run with 5k tempo at 10k pace+10s min mile or +6s min km.  **Route 4** |  |
| **17 June** | **600m Repetitions**  Session: 5 x 600m with 90s recovery,  4 x 300m with 100m jog recovery  Location: St Peter the Apostle Track. | **Distance Tempo on Canal/KWW**  6.7m steady with 5k tempo at 10k pace +10s min mile or +6s min km.  **Route 9** |  |
| **24 June** | **400m Repetitions**  Session: 8-10 x 400m with a 60s recovery.  Location: St Peter the Apostle Track. | **Steady run-on Canal**  6.4m steady run.  **Route 2** | **Wednesday 26 June**  **SVHC 5k Road Championship.**  **Summer League Event 11**  **Clydebank** |
| **01 July** | **500m Repetitions**  Session: 8 x 500m with 75s recovery.  Location: St Peter the Apostle Track. | **7.7m Stepping Stone Session**  1m warm up, 1m at 10k pace, 1m at 10k pace + 60s min mile or 37s min km x 3.  **Route 15** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **08 July** | **Mixed Distance Repetitions**  Session: 1 x 800m, 1 x 200m, 1 x 600m, 1x 200m, 2 x 400m, 1 x 200m.  Recoveries 90s after 800m, 45s after the 200m, 75s after the 600m, 45s after 200m, 60s 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 10** |  |
| **15 July** | **300m Repetitions**  Session: 12-15 x 300m with 100m jog or walk.  Location: St Peter the Apostle Track. | **Charlie Kilshaw 5m**  **Summer League Event 12. Handicap Event.**  **Canal Route**  **No coached session** |  |
| **22 July** | **800m Repetition**  Session: 4-6 x 800m with 2 mins recovery.  Location: St Peter the Apostle Track. | **8.1m - Timed Tempo on Canal**  8m with 3 x 10 mins at 10k pace +10s min mile or +6s min km with 90s recovery between tempo sections  **Route 19.** | **Sunday 28 July**  **Kenny Phillips 10m Road Race**  **(Formerly Around Cumbrae 10m)**  **Millport**  **Summer League Event 13** |
| **29 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 +10s min mile or +6s min km with 0.36m recovery between each 2m tempo.  **Route 13** | **Friday 02 August – Sunday 04 August**  **Training Weekend.**  **Newtonmore Hill Race**  **Summer League Event 14** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **05 August** | **400m Repetitions**  Session: 10 x 400m with a 60s recovery.  Location: St Peter the Apostle Track. | **7.7m - Timed Tempo on Canal/KWW**  7.7m with 5min tempo, 10min tempo, 15 mins tempo with 90s recovery between tempo sessions.  Pace: 10k pace + 10s min mile or +6s min km.  **Route 14** |  |
| **12 August** | **Senior Track 1 mile championship**  **Pre enter via Facebook race post.**  **Location: St Peter the Apostle Track.**  **Summer League Event 15** | **40 min** **Out and Back on Canal**  Session: 20.5 mins Out and 19.5 mins Back  Pace: Athlete selects pace.  **Route 17** |  |
| **19 August** | **No Coached Session** | **7.7m - Progression run**  2m at 10k pace +30s min mile or +18s min km.  2m at 10k pace +20s min mile or +12s min km.  1m at 10k pace.  **Route 15** | **Monday 19 August**  **Henderson Cup - 10k Trail/Off Road.**  **Summer League Event 16. Handicap Event** |
| **26 August** | **300m Repetitions**  Session: 15 x 300m with 100m jog recovery.  Location: St Peter the Apostle Track. | **7m - Hilly Tempo**  7m with 4m hilly tempo.  Pace: Perceived effort where pace should feel comfortably hard.  **Route 10** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **02 September** | **Mixed Distance Repetitions**  Session: 800m, 600m, 400m, 200m x 2 sets with 90s, 75s and 60s 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 +20s min mile or +12s min km.  **Route 9** | **Stirling 10k**  **Scottish National 10k Championship**  **Summer League Event 17** |
| **09 September** | **Timed Repetitions**  Session: 4mins, 3 mins, 2mins, 1 min x 2 sets.  60s recovery between timed repetitions.  Location: St Peter the Apostle Track. | **7.7m - Distance Tempo on Canal**  7.7m run with 4m Tempo at 10k pace +10s min mile or +6s min km.  **Route 14** | **Saturday 14 September**  **Springburn Parkrun**  **Summer League Event 18** |
| **16 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 + 40s min km or +25s min km] x 3.  **Route 11** |  |
| **23 September** | **200m Repetitions**  Session: 15-20 x 200m with 200m continuous jog recovery.  Location: St Peter the Apostle Track. | **7.7m - Timed Tempo**  7.7m with 3x10 mins at half pace with 90s recovery between tempo sections.  **Route 12** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Week beginning** | **Tuesday** | **Thursday** | **Weekend** |
| **30 September** | **600m Repetitions**  Session: 6 x 600m with 90s recovery and  4 x 200m with 200m recovery.  Location: St Peter the Apostle Track. | **5.6m - Steady Run**  5.6m steady run with 2m tempo at half pace.  **Route 1** | **Sunday: Glasgow Half Marathon** **Incorporating:**  **Club Half Marathon Championship**  **Summer League Event 19** |

**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 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**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 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 |

**Thursday Routes**

Route 1 : [5.6m/9km – QMD to Esquire House](https://footpathapp.com/routes/bfe90788-2501-461c-9db9-201f0bb7f301)

Route 2: [6.4m/10.2km – Canal/Almond Road](https://footpathapp.com/routes/02-canal-almond-rd/4264d323-e41a-43f3-8597-93737e17392f)

Route 3 : [6.7m/10.7km – Dorchester/Bearsden Rd/Roman Rd](https://footpathapp.com/routes/970d4119-2270-4d99-afd3-76037b8e0a0b)

Route 4: [6.6m/10.6km – Fulton St/Lincoln Ave/Danes Dr/Balshagray Rd/Anniesland Rd](https://footpathapp.com/routes/3702f3b5-4abe-4eca-9022-582e21114744)

Route 5: [6.6m/10.7km – Crow Rd/GWR/QMD](https://footpathapp.com/routes/3ca556da-f0b4-4183-aaf3-9a4f3c481f45)

Route 6: [6.8m/10.9km – QMD/Clarence Drive/Anniesland Cross](https://footpathapp.com/routes/ef069e76-00f0-454d-ae74-31d4ceedfa57)

Route 7 [6.8m/10.9km – Crow Rd/Hyndland Rd/QMD](https://footpathapp.com/routes/e840ccb3-7b01-4f3c-bd6c-2adace3267f1)

Route 8: [6.9m/11.1km – Fulton St/Lincoln Ave/Kelso Street/Anniesland Rd](https://footpathapp.com/routes/08-fulton-st-lincoln-ave-kelso-st-anniesland-rd/012cfd42-f481-4f77-8acc-17cddfc77198)

Route 9: [6.7m/10.8km – Canal/QMD/Kelvin Walkway](https://footpathapp.com/routes/49e7157b-adf9-47da-8029-d84e46c2824f)

Route 10: [7.04m/11.3km – Drymen Rd/Stockiemuir Road/Boclair Rd/Rannoch Dr](https://footpathapp.com/routes/2eec9ec7-47b6-4e8e-bab2-8852141d01c8)

Route 10 Shorter: [6.14m/9.9km – Drymen Rd/Stockiemuir Rd/Milngavie Rd/Maryhill](https://footpathapp.com/routes/10-shorter-drymen-rdstockiemuir-rdmilngavie-rdmaryhill/25d34141-b0c2-4214-b14f-86dd320adc25)

Route 11: [7.5m/12km – Drumchapel/Alderman Rd](https://footpathapp.com/routes/a88ca937-0b28-44be-b6cc-9bf895e82343)

Route 11 Shorter: [5.6m/9km – Drumchapel/Blairdardie Rd/GWR/Bearsden Rd](https://footpathapp.com/routes/402c7ba3-8293-4d1f-af81-e0dafde4f037)

Route 12: [7.7m/12.5km – Anniesland Rd/ Hyndland Rd/ Dorchester Ave](https://footpathapp.com/routes/aa3b1e11-096f-47cd-bab5-8cdae616efd0)

Route 12 Shorter: [6.3m/10.1km –Crow Rd/Hyndland Rd/ Dorchester Ave](https://footpathapp.com/routes/38fe2ecc-a93e-4aa8-b758-e015b1da636c)

Route 13: [7.5m/12.1km – Anniesland Rd / Southbrae Dr (2×2-mile loop)](https://footpathapp.com/routes/0ddcd841-326b-4f75-ac2b-3731497b3467)

Route 14: [7.7m/12.3km – Canal/Kelvin Walkway/GWR](https://footpathapp.com/routes/182196aa-2c3d-429d-bfce-25e0a79cb04c)

Route 14 Shorter: [6.8m/10.9km – Canal/Kelvin Walkway/QMD/Maryhill Rd](http://link:%20https/footpathapp.com/routes/a05c543e-b53f-4de2-af95-4ccc8dda42bd)

Route 15: [7.7m/12.5km – Milngavie Rd/Glasgow Rd/Mosshead Rd/Stockiemuir Rd/Maryhill Rd](https://footpathapp.com/routes/0775b705-33d1-440e-84d1-a363db3aa188)

Route 15 Shorter: [5.8m/9.4km – Milngavie Rd/Mosshead Rd/Drymen Rd/Maryhill Rd](https://footpathapp.com/routes/c3c23909-2b25-4289-9a86-d6586f5b018f)

Route 16: [40 mins out and back (GWR /opp Morrisons Garage)](https://footpathapp.com/routes/3bd18a6b-a1cc-4374-96ee-bb753f8a7163)

Route 17: [20 mins or 25 mins Out and Back – Maryhill Locks/Canal](https://footpathapp.com/routes/9d55bde4-db10-46d8-8d1c-b47b2d71f035)

Route 18: [20 mins or 25 mins Out and Back – Lock 27/Canal](https://footpathapp.com/routes/82d4eb5c-bc0d-4f2a-8306-bbed278cb4db)

Route 19: [8.1m/13km – GWR/Canal/Dalsholm Rd](https://footpathapp.com/routes/26ff8c8a-6e92-4927-bb02-dea4015fdf87)

Route 19 Shorter: [5.7m/9.1km – GWR/Canal/Bearsden Rd](https://footpathapp.com/routes/31ec8a4c-afff-486d-addd-8a2f2b5ca2dc)

Route 20: [8.3m/13.3km – Crow Rd / Broomhill Dr / Gardner St / Cleveden Rd / Maryhill Rd](https://footpathapp.com/routes/489c04f7-b577-41f8-90ba-5c0baf623d7f)