



Garscube Harriers Spring/Summer Training Sessions
24th March 2025 to 5th October 2025
Issue 1

Day	Session	Duration
Tuesday	Speed Endurance	25 th March 2025 to 30 th September 2025
Thursday	Endurance/Tempo/Fartlek/5kTT	27 th March 2025 to 2 nd October 2025

Notes on the Training Sessions

We have produced a 6-month schedule to help you look ahead to 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. We use Spond for our training session register. Please sign up via <https://group.spond.com/UEFWV>

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 the coaches to Garscube SC and a road training course. Any change will be posted on social media, Spond or email during the week of the session.

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 promptly at 7.25pm.

NB TRAINING LOCATION CAN BE SUBJECT TO CHANGE PLEASE CHECK SOCIAL MEDIA, SPOND OR CLUB EMAILS.

On Thursdays there are Senior tempo, 5k time trial & fartlek sessions of various lengths to help you develop your running economy. Fartlek explanation- The word fartlek comes from the Swedish for “speed play”. It involves varying the pace or difficulty during a run. This includes, for example, running at a hard effort for 3 min, then 1.5 min at an easier effort for a recovery. One person from each Pack should lead the session, at the recovery, they should encourage everyone to jog to the back of their Pack before starting the next effort. Fartlek training can also involve pyramids (eg 1,2,3,4,3,2,1) or multiple timed sections (eg 3 min x 5 with up to half the timed effort as a recovery) Packs should make sure they are careful not to do their efforts if crossing a busy junction. Coaching advice would be to slow down, cross junction, then start next effort sooner.

When running a tempo or out & back session, care should be also taken at junctions, coaching advice would be again, drop the pace, safely cross & pick up the pace again. An alternative fartlek is being offered for those athletes who wish to do a speed session on roads without lots of traffic. Athletes doing the alternative fartlek on the winter warm up area, must do a warm up of their choice before starting the session & also a cool down. Recoveries for the fartlek can be adjusted amongst the Packs. The 5k time trial will be a good way to judge your progress as there will be one near the beginning of schedule & one near the end. Prizes will be given to the two athletes that the coaches feel have progressed the most between the two TTs.

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

Senior Session Timings: Groups go out from 6:55pm (A), 7pm (B/C), session announcements at 7:10pm, then (D-I) at 1 min intervals.

The Summer League Races are highlighted in bold. We do want to do well in the main championship races over the summer & your team managers will be encouraging you to enter 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	Other Events
24th March	600m Repetitions 6-10 x 600m with 200m jog recovery. Location: Garscube Sports Complex.	5.6m - Steady Run 5.6m steady run with optional 2m tempo at 10m pace. Route 1	Sunday Tom Scott National 10 mile Championships Summer League Event 1
31st March	300m Repetitions Session: 3-4 sets of 5x300m with 60s between 300m & 3 min recovery between sets. Location: St Peter the Apostle Track.	Out & Back (Negative Split Run) 5-8m, 20.5 mins Out and 19.5 mins Back. Pace: Athlete selects pace. Route 16	
7th April	500m Repetitions Session: 9-12 x 500m with 75-90s recovery depending on pack. Location: St Peter the Apostle Track.	Distance Fartlek 6.7m with 21 mins of fartlek efforts. Pace; Variable (2 min, 3 min, 4 min, 2 min, 3 min, 4 min, 3 min hard efforts with half the time in recoveries e.g. 2 min then 1 min recovery, 3 min then 1.5 min recovery) Route 9	Sunday DAAA 10 mile Road Race West District 10 mile Championships Summer League Event 2
14th April	400m Repetitions Session: 12-16 x 400m with 75- 90s recovery depending on pack. Location: Garscube Sports Complex.	Canal Path 5k Time Trial Pace: Athlete selects pace Location: Garscube Sports Complex Route 22	Wednesday Club AGM Location; Bearsden Bowling Club
21st April	1200m Repetitions Session:3-5 x 1200m with 90-120s recovery depending on pack, 4 x 300m with 100m jog recovery. Location: St Peter the Apostle Track.	8.1m Stepping Stone Session 1 mile warm up, 1 mile at 10k pace then 1 mile @ 10k pace + 60s min mile or +37s min km x 3. Route 19	

Week beginning	Tuesday	Thursday	Other Events
28th April	<p>1000m Repetitions Session: 4-6 x 1000m with jog recovery, Location: Garscube Sports Complex</p>	<p>Distance Fartlek 7.7m with 23 mins of fartlek efforts. Pace; Variable (2 min, 3 min, 4 min, 5 min, 4 min, 3 min, 2 min hard efforts with half the time in recoveries e.g. 2 min then 1 min recovery, 3 min then 1.5 min recovery) Route 12</p>	
5th May	<p>600m Repetitions Session: 6-8 x 600m with 75-90s recovery, 4 x 200m with 200m jog recovery. Location: St Peter the Apostle Track.</p>	<p>40 min - Out and Back on Canal 5-8m, 20.5 mins Out and 19.5 mins back. Pace: Athlete selects pace. Coaches suggestion-steady if running Shettleston 10k. Route 18</p>	<p>Sunday Shettleston 10k West District 10k Championship Summer League Event 3</p>
12th May	<p>Timed Repetitions 8 x 3 mins with 2 mins jog recovery. Location; St Peter the Apostle Track</p>	<p>Timed Tempo Session : 7.7 miles, 5 mins tempo, 10 mins tempo, 15 mins tempo with 90s recovery in between tempos. Pace: 10k pace +20s min mile or +12s min km. Route 14</p>	<p>Wednesday DAAA 5k Track Championships Friday Sri Chimnoy 5k National 5k Road Championships Summer League Event 4</p>
19th May	<p>200m Repetitions Session: 8-10 x 200m with 200m continuous jog recovery. All recoveries should be the same time over 200m. Location: St Peter the Apostle Track.</p>	<p>Dumbarton 10k Club 10k Road Championship Summer League Event 5. No coached session.</p>	
26th May	<p>400m Repetitions Session: 3 sets of 3 x 400m; 1 min between 400m and 5 mins between sets. Location: Garscube Sports Complex</p>	<p>Helensburgh 10k No coached session</p>	<p>Saturday & Sunday West Highland Way Relay Weekend. See posts & emails for details.</p>

Week beginning	Tuesday	Thursday	Other Events
2nd June	300m Repetitions Session: 3 sets of 3-5 x 300m with 1 min between 300m and 3 minutes recovery between sets. Location: St Peter the Apostle Track.	Distance Fartlek 7.7 miles with 25 mins of fartlek efforts. Pace; Variable (3 min, 3 min, 4 min, 5 min, 4 min, 3 min, 3 min with half the time in recoveries e.g. 3 min with 1.5 min recovery, 4 min with 2 min recovery etc) Route 14	Sunday Roon the Toon Location; Ayrshire Athletics Arena, Kilmarnock Summer League Event 6
9th June	600m Repetitions Session: 5 x 600m with 75-90s recovery. 4 x 300m with 100m jog recovery. Location: Garscube Sports Complex.	6.5m - Distance Tempo 6.4m run with 5k tempo at 10k pace+10s min mile or +6s min km. Route 4	
16th June	5K Track Championship Summer League Event 7 Pack Prizes Pre enter via Spond 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	
23rd June	400m Repetitions Session: 8-10 x 400m with a 60s recovery. Location: St Peter the Apostle Track.	Distance Fartlek 7.7m with 27 mins of fartlek efforts. Pace; Variable (3 min, 3 min, 5 min, 5 min, 5 min, 3 min, 3 min hard efforts with half the time in recoveries e.g. 3 min then 1.5 min recovery, 5 min then 2.5 min recovery etc) Route 12	Wednesday SVHC 5km Road Championship Summer League Event 8
30th June	Timed Repetitions Session: 4mins, 3 mins, 2mins, 1 min x 2 sets. 60s recovery between timed repetitions. Location: St. Peter the Apostle Track	Henderson Cup [Handicap Race] Location; Garscube Sports Complex, Maryhill Road Summer League Event 9	

Week beginning	Tuesday	Thursday	Other Events
7th July	<p>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.</p>	<p>Hilly Tempo 6.6m with 3m of hilly tempo. Pace: Perceived effort where pace should feel comfortably hard. Route 21</p>	
14th July	<p>300m Repetitions Session: 10 x 300m with 100m jog or walk. Location: St Peter the Apostle Track.</p>	<p>Charlie Kilshaw 5m Handicap Race Location; Milngavie Reservoirs, Milngavie Summer League Event 10</p>	
21st July	<p>800m Repetition Session: 4-6 x 800m with 2 mins recovery. Location: St Peter the Apostle track</p>	<p>Distance Fartlek 8.1m with 28 mins of fartlek efforts. Pace; Variable (4 min, 5 min, 5 min, 5 min, 5 min, 4 min hard efforts with half the time in recoveries e.g. 4 min then 2 min recovery, 5 min then 2.5 min recovery) Route 19</p>	
28th July	<p>200m Repetitions Session: 12-15 x 200m with a continuous jog recovery. Location: Garscube Sports Complex</p>	<p>7.5m - Distance Tempo 2 x 2m Tempo session at 10k pace +10s min mile or +6s min km with 0.36m recovery between each 2m tempo. Route 23</p>	

Week beginning	Tuesday	Thursday	Other Events
4th August	Club 1 Mile Track Championships. Pre enter via Spond. Location; St. Peter the Apostle Summer League Event 11	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	
11th August	400m Repetitions Session: 10-14 x 400m with a 60-80s recovery. Location: St Peter the Apostle Track.	Canal Path 5k Time Trial Pace: Athlete selects pace. Location: Garscube Sports Complex Route 22	Sunday Paisley 10km Location; County Square, Paisley Summer League Event 12
18th August	200m Repetitions Session: 12-15 200m reps with a continuous jog recovery. Location: Garscube Sports Complex	Distance Fartlek 29 mins of fartlek efforts. Pace; Variable (3 min, 4 min, 5 min, 5 min, 5 min, 4 min, 3 min hard efforts with half the time in recoveries e.g. 3 min then 1.5 min recovery, 4 min then 2 min recovery) Route 18	
25th August	300m Repetitions Session: 15 x 300m with 100m jog recovery. Location: St Peter the Apostle Track.	8.1m - 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 19	

Week beginning	Tuesday	Thursday	Other Events
1st September	<p>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.</p>	<p>Distance Tempo on Canal/KWW 6.7m steady with 5k tempo at 10k pace +20s min mile or +12s min km. Route 9</p>	<p>Sunday Kilmacolm Half Marathon West District Half Marathon Championships. Summer League Event 13</p>
8th September	<p>Timed Repetitions Session: 4mins, 3 mins, 2mins, 1 min x 2 sets. 60s recovery between timed repetitions. Location: Garscube Sports Complex</p>	<p>Distance Fartlek 30 mins of fartlek efforts. Pace; Variable (5 min x 6 hard efforts with half the time in recovery ie 5 min then 2.5 min recovery) Route 18</p>	<p>Sunday Kenny Phillips 10 Mile Road Race Summer League Event 14</p>
15th September	<p>1mile Repetitions Session: 3 x 1mile with a 2 mins recovery. Location: St Peter the Apostle Track.</p>	<p>7.4m - Stepping Stone Session [1m at half pace, 1m at half pace + 40s min km or +25s min km] x 3. Route 11</p>	<p>Saturday Springburn parkrun Summer League Event 15</p>
22nd September	<p>200m Repetitions Session: 15-20 x 200m with 200m continuous jog recovery. Location: St Peter the Apostle Track.</p>	<p>7.7m - Timed Tempo 7.7m with 3x10 mins at half pace with 90s recovery between tempo sections. Route 12</p>	

29th September	600m Repetitions Session: 6 x 600m with 90-120s recovery & optional 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: Great Scottish Run Half Marathon Club Half Marathon Championship Summer League Event 16
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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 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

Thursday Routes

- Route 1 : [5.6m/9km – QMD to Esquire House](#)
- Route 2: [6.4m/10.2km – Canal/Almond Road](#)
- Route 3 : [6.7m/10.7km – Dorchester/Bearsden Rd/Roman Rd](#)
- Route 4: [6.6m/10.6km – Fulton St/Lincoln Ave/Danes Dr/Balshagray Rd/Anniesland Rd](#)
- Route 5: [6.6m/10.7km – Crow Rd/GWR/QMD](#)
- Route 6: [6.8m/10.9km – QMD/Clarence Drive/Anniesland Cross](#)
- Route 7 [6.8m/10.9km – Crow Rd/Hyndland Rd/QMD](#)
- Route 8: [6.9m/11.1km – Fulton St/Lincoln Ave/Kelso Street/Anniesland Rd](#)
- Route 9: [6.7m/10.8km – Canal/QMD/Kelvin Walkway](#)
- Route 10: [7.04m/11.3km – Drymen Rd/Stockiemuir Road/Boclair Rd/Rannoch Dr](#)
- Route 10 Shorter: [6.14m/9.9km – Drymen Rd/Stockiemuir Rd/Milngavie Rd/Maryhill](#)
- Route 11: [7.5m/12km – Drumchapel/Alderman Rd](#)
- Route 11 Shorter: [5.6m/9km – Drumchapel/Blairdardie Rd/GWR/Bearsden Rd](#)
- Route 12: [7.7m/12.5km – Anniesland Rd/ Hyndland Rd/ Dorchester Ave](#)
- Route 12 Shorter: [6.3m/10.1km –Crow Rd/Hyndland Rd/ Dorchester Ave](#)
- Route 13: [7.5m/12.1km – Anniesland Rd / Southbrae Dr \(2×2-mile loop\)](#)
- Route 14: [7.7m/12.3km – Canal/Kelvin Walkway/GWR](#)
- Route 14 Shorter: [6.8m/10.9km – Canal/Kelvin Walkway/QMD/Maryhill Rd](#)
- Route 15: [7.7m/12.5km – Milngavie Rd/Glasgow Rd/Mosshead Rd/Stockiemuir Rd/Maryhill Rd](#)
- Route 15 Shorter: [5.8m/9.4km – Milngavie Rd/Mosshead Rd/Drymen Rd/Maryhill Rd](#)
- Route 16: [40 mins out and back \(GWR /opp Morrisons Garage\)](#)
- Route 17: [20 mins or 25 mins Out and Back – Maryhill Locks/Canal](#)
- Route 18: [20 mins or 25 mins Out and Back – Lock 27/Canal](#)
- Route 19: [8.1m/13km – GWR/Canal/Dalsholm Rd](#)
- Route 19 Shorter: [5.7m/9.1km – GWR/Canal/Bearsden Rd](#)
- Route 20: [8.3m/13.3km – Crow Rd / Broomhill Dr / Gardner St / Cleveden Rd / Maryhill Rd](#)
- Route 21. <https://footpathapp.com/routes/6718367E-83D5-421C-9DB2-1D45091E948B>
- Route 22. <https://footpathapp.com/routes/BFD14CDA-FB47-47FC-823D-01636A20E02E>
- Route 23. <https://footpathapp.com/routes/3E2CD9D2-25C6-4545-86D4-3ADF9635006E>