



Garscube Harriers Winter Training Sessions
30th September 2025 to 26th March 2026
Issue 1

Day	Session	Duration
Tuesday	Speed Endurance	30 th September 2025 to 24 th March 2026
Thursday	Endurance/Tempo/Fartlek	2 nd October 2025 to 26 th March 2026
Saturday	Cross Country Training	18 th October 2025 to 7 th February 2026

Notes on the Training Sessions

We have produced a 6-month schedule to help you look ahead to target races & including the Winter League competition. We use Spond for our training session register. All sessions are subject to change so please keep an eye out for the weekly Spond & Facebook posts for the most up-to-date information.

- On Tuesdays there are speed & hill endurance sessions usually involving intervals; to help you develop the pace you need to run a specific time. The training locations on a Tuesday will be St Peter Apostle Track or Garscube Sports Complex unless otherwise announced. Locations can be changed at the discretion of the coaches. Any change will be posted on social media & Spond during 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 promptly at 7.25pm.
 - 2) Training Location: Garscube Sports Complex, West of Scotland Science Park, Maryhill Road, Glasgow G20 0SP.
Session Timings: Group warm up at 7pm & session starts at 7:25pm prompt.
- On Thursdays there are tempo & fartlek sessions. 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 1 min, then 2 mins at an easier effort for a recovery. 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 also be 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 must do a warmup of their choice before starting the session & also a cool down. Recoveries for the fartlek can be adjusted amongst the Packs.
Senior 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.
G.I.G Session Timing: Group to meet at 6pm.
- On Saturdays there are Cross Country (XC) sessions to prepare for the Scottish National Cross Country Championships are during October 2025 to February 2026. The coached sessions are from the GAA (10:30 start time) & we will announce our own sessions on Spond when we have coach availability.
Training Location: See session plan.

The Winter League Races are highlighted in bold. We do want to do well in the main championship races over the winter, and your team managers will be encouraging you to enter these. Target races will be highlighted in blue. **They are the National XC Relays, National Short Course, National XC Championship & National 6/4 Stage Road Relays.** After winning the Lindsays Trophy in 2018 & 2023, we would like to win that trophy again. These races will be highlighted in red. **They are the National XC Relays, National Short Course XC & National XC Championships.** We want to encourage EVERYONE to run these races. The training sessions are geared towards the target races. The club will be paying for entries, so if you are doing these races. 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
29 September	<p>Mixed Repetitions 6-8 x 600m with 60-90s recovery based on packs & 4-6 200m with 200m jog recovery. Location: St Peter the Apostle Track.</p>	<p>Steady Run 5.6 mile run with a 2mile tempo at half marathon pace. Location: Garscube SC. Route 1</p>	<p>Saturday: SVHC Team Trial for British & Irish Masters XC Location: Tollcross Park, Glasgow</p> <p>Sunday: Great Scottish Run- Half Marathon (Summer League Event 16) & 10k. Location: George Square, Glasgow.</p>
06 October	<p>400m Repetitions 12-16 400m with 45-60s recovery based on packs. Location: St. Peter the Apostle Track</p>	<p>Distance Fartlek 6.6 miles with 16 mins of fartlek efforts. Pace: Variable (1 min, 2 min, 3 min, 4 min, 3 min, 2 min, 1 min hard efforts with half the time as recovery in between e.g., after 1 min, 30s recovery, after 2 min, 1 min etc) Location: Garscube SC. Route 8</p> <p>Alternative Fartlek 1 mile warm up (athletes' choice), 16 mins of fartlek (as above), 1-2 mile cool down (athletes' choice) Location: Winter Warm Up</p>	<p>Saturday: West District XC Relay Championships Location; Ayrshire Arena, Kilmarnock Winter League Event 1</p>

Week beginning	Tuesday	Thursday	Weekend
13 October	<p>Hill Repetitions Session: Uphill sprints (100m, 200m, 300m, 400m with jog recoveries x 4 with 2 mins recovery between sets)</p> <p>Location: Garscube Sports Complex</p>	<p>Distance Tempo 6.8 miles Pace: 3 x 1 mile at 5k pace with 0.5 mile recoveries. Coaches' advice: Run shorter route if doing XC at weekend. Location: Garscube SC. Route 7</p>	<p>Saturday: DAAA XC Relay Championships. Location: Balloch Castle Country Park Winter League Event 2</p> <p>GAA Winter Endurance Session Location: Bellahouston Park, Glasgow. Start Time: 10:30</p>
20 October	<p>1600m Repetitions Session: 3-5 x 1600m with 90-120s recovery based on pack. Location: St Peter the Apostle Track</p>	<p>Steady Run 5.8 miles Pace: Easy Garscube SC Route 15 (shorter)</p>	<p>Saturday: National XC Relay Championships (Lindsays Trophy) Location: Cumbernauld House Park Winter League Event 3</p>
27 October	<p>600m Repetitions 8-10 x 600ms with 75s-90s recovery based on pack. Location: St Peter the Apostle Track</p>	<p>Distance Fartlek 7.7 miles with 18 mins of fartlek efforts. Pace: Variable (2 min, 2 min, 3 min, 4 min, 3 min, 2 min, 2 min hard efforts with half the time recoveries e.g. 2 min then 1 min recovery, 3 min then 1.5 min recovery etc) Location: Garscube SC Route 12 Alternative Fartlek 1 mile warm up (athletes' choice), 18 mins of fartlek efforts (as above), 1-2 mile cool down (athletes' choice). Location: Winter Warm Up</p>	<p>Saturday: West League 1 TBC</p>

Week beginning	Tuesday	Thursday	Weekend
03 November	<p>Timed Repetitions Session: 4 mins, 3 mins, 2 mins, 1 min x 2 with 60s recovery between each timed rep. Location: Todd Campus</p>	<p>Out & Back 5-9 miles, 20.5 mins out & 19.5 mins back. Pace: Athlete decides. Location: Garscube SC for warm up Route 16</p>	<p>Saturday: National Short Course XC Championships (Lindsays Trophy) Location: Lanark Racecourse. Winter League Event 4</p>
10 November	<p>400m Repetitions Session: 12-15 x 400m reps with 45-60s recovery. Location: St. Peter the Apostle</p>	<p>Hilly Tempo 6.6 miles with up to 3 miles of hilly tempo. Pace: Athlete decides. Location: Garscube SC Route 21</p>	<p>Saturday: GAA Winter Endurance Session Location: Pollok Park, Glasgow Start Time: 10:30</p> <p>British & Irish Masters XC Championships Location: Leeds</p> <p>Sunday Brampton to Carlisle Road Race. Winter League Event 5</p>

Week beginning	Tuesday	Thursday	Weekend
17 November	<p>Hill Repetitions 6-8 x 600m with 60-75s recovery Location: Switchback</p>	<p>Distance Fartlek. 6.7 miles with 21 mins of fartlek efforts. Pace: Variable (2 min, 3 min, 3 min, 5 min, 3 min, 3 min, 2 min hard efforts with half the time as recoveries e.g. 2 min then 1 min recovery, 3 min then 1.5 min recovery etc) Location: Garscube SC</p> <p>Route 3</p> <p>Alternative Fartlek. 1 mile warm up (athletes' choice), 21 mins of fartlek efforts (as above), 1-2 mile cool down (athletes' choice) Location: Winter Warm Up.</p>	<p>Saturday: West League 2 TBC</p>
24 November	<p>2km repetitions 3 x 2km with 90-120s recovery Location: St. Peter the Apostle Track</p>	<p>Steady run with optional 5k tempo. 6.6 miles with optional 5k tempo. Pace: 10k pace + 10s min/mile or +06s min/km. Location: Garscube SC.</p> <p>Route 5</p>	<p>Saturday: DAAA XC Championships Balloch Country Park Winter League Event 6</p>
01 December	<p>Mixed Distance Repetitions 1600m/1200m/800m/600m/400m with recoveries of 90-120s/80-100s/75-90s/ after reps Location: St Peter the Apostle Track</p>	<p>Progression Run. 6.9mile progression run. Pace: 2 mile steady, 2mile at half marathon pace, 1 mile at 10k pace. Location: Garscube SC</p> <p>Route 4</p>	<p>Saturday. West District XC Championships Winter League Event 7 Barwood Park, Erskine McCaa Cup Handicap Race</p>

Week beginning	Tuesday	Thursday	Weekend
08 December	<p>Hill Repetitions 6-8 x 400m with 75-90s recovery Location: Westerton</p>	<p>Distance Fartlek 7.5 miles 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) Location: Garscube SC</p> <p>Route 11 Alternative Fartlek 1 mile warm up (athletes' choice), 23 mins of fartlek efforts (as above), 1-2 mile cool down (athletes' choice) Location : Todd Campus</p>	<p>Sunday: Santa Dash Westerton Bowling Club, Westerton. TBC</p>
15 December	<p>200m Repetitions 16-20 x 200m with 200m jog recovery Location: St Peter the Apostle Track</p>	<p>Out & Back. 7-9 miles, 25.5 min out & 24.5 min back. Pace: Athlete decides. Location: Garscube SC</p> <p>Route 16</p>	
22 December	<p>Holiday No Garscube Harriers Training</p>	<p>Holiday No Garscube Harriers Training.</p>	<p>Saturday: GAA Winter Endurance Session. Location: Tollcross Park, Glasgow. Starts at 10:30</p> <p>Turkey Trot 10km Location: Citadel Leisure Centre, Ayr</p>
29 December	<p>Holiday No Garscube Harriers Training.</p>	<p>Holiday No Garscube Harriers Training.</p>	<p>Holiday</p>

Week beginning	Tuesday	Thursday	Weekend
05 January	<p>Timed Repetitions Session: 4 mins, 3 mins, 2 mins, 1 min x 2 with 60s rec between each timed rep. Location: Todd Campus</p>	<p>Out & Back 5-9 miles, 25.5 mins out & 24.5 mins back Pace: Athletes decide Location: Garscube SC Route 16</p>	
12 January	<p>Mixed Distance Repetitions Session: 1200m, 6-10 x 400m, 1200m 90-120s recovery after 1200m 45-60s recovery after the 400m reps. Location: St. Peter the Apostle Track</p>	<p>Distance Fartlek 7.7 miles with 23 mins of fartlek efforts. Pace: Variable (3 min, 3 min, 4 min, 5 min, 4 min, 3 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) Location: Garscube SC Route 12 Alternative Fartlek 1 mile warm up (athletes' choice), 25 mins of fartlek (as above), 1-2 mile cool down (athletes' choice) Location: Winter Warm Up</p>	<p>Saturday: GAA Winter Endurance Session Location: Bellahouston Park, Glasgow West League 3 TBC Sunday: Nigel Barge 10k Garscube Estate Winter League Event 8</p>

Week beginning	Tuesday	Thursday	Weekend
19 January	<p>Hill Repetitions 6-8 x 400m with 75-90s recovery Location: Westerton</p>	<p>Progression Run. 6.9mile progression run. Pace: 2 mile steady, 2mile at half marathon pace, 1 mile at 10k pace. Location: Garscube SC Route 4</p>	<p>Saturday: GAA Winter Endurance Session. Location: Pollok Park, Glasgow. Starts at 10:30 Sunday: SVHC LSK Road Relay (Over 35s) Location: Strathclyde Park, Motherwell.</p>
26 January	<p>1200m Repetitions Session: 4-6 x 1200m with 90-120s recovery based on pack. Location: Todd Campus.</p>	<p>Distance Fartlek 7 miles with 26 mins of fartlek efforts. Pace: Variable (3 min, 4 min, 4 min, 4 min, 4 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 etc) Location: Garscube SC. Route 10 Alternative Fartlek 1 mile warm up (athletes' choice), 27 mins of fartlek efforts (as above), 1-2 mile cool down (athletes' choice) Location: Winter Warm Up.</p>	<p>Saturday: National Masters XC Championships Location: Tollcross Park, Glasgow NB: CLUB HOSTING THE EVENT. VOLUNTEERS WILL BE REQUIRED.</p>

Week beginning	Tuesday	Thursday	Weekend
02 February	<p>Mixed Distance Repetitions 2-4 800m with 60-75s recovery based on pack. 4-6 400m with 45-60s recovery based on pack. Location: St. Peter the Apostle Track</p>	<p>Hilly Tempo 6.6 miles with 3 miles of hilly tempo. Pace: Perceived effort where pace feels comfortably hard. Location: Garscube SC Route 21</p>	<p>Saturday: GAA Winter Endurance Session. Location: Tollcross Park, Glasgow. Starts at 10:30</p>
09 February	<p>Hill Repetitions 8-10 x 600m reps with 60-75s recovery based on packs. Location: Switchback</p>	<p>Distance Fartlek. 6.8 miles 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 etc) Location: Garscube SC Route 6 Alternative Fartlek. 1 mile warm up (athletes' choice), 28 mins of fartlek efforts (as above), 1-2 mile cool down (athletes' choice) Location: Winter Warm Up.</p>	

Week beginning	Tuesday	Thursday	Weekend
16 February	<p>400m Repetitions 10-12 x 400m on then 400m off Pace: Athlete' decide. Location: Todd Campus</p>	<p>Steady Run 5.6 miles Pace: Easy Location: Garscube SC Route 1</p>	<p>Saturday: National XC Championships (Lindsays Trophy) inc Club XC Championship & McMorran Shield Handicap prize. Location: Callander Park, Falkirk. Winter League Event 9</p>
23 February	<p>200m Repetitions 14-16 x 200m with 200m recoveries. Location: St Peter the Apostle Track</p>	<p>Out & Back 5-9 miles, 25.5 mins out & 24.5 mins back Pace: Athletes decide Location: Garscube SC Route 16</p>	<p>Saturday: Allan Scally Road Race (Relay). Club entry. Location: Glasgow Green, Glasgow.</p>
02 March	<p>Hill Repetitions Session: Uphill sprints (100m, 200m, 300m, 400m with jog recoveries x 4 with 2 mins recovery between sets) Location: Garscube SC</p>	<p>Distance Tempo 6.9 miles at a steady pace with optional 5k tempo at 10k pace + 10s min/mile or +06s min/km Location: Garscube SC Route 8</p>	<p>Saturday: Glasgow Uni Des Gilmore 5 mile Race Location: Garscube Sports Complex</p> <p>Sunday: Jack Crawford 10k Location: Leisuredrome, Bishopbriggs Winter League Event 10</p>

Week beginning	Tuesday	Thursday	Weekend
09 March	<p>Mixed Distance Repetitions Session: 1200m, 1km, 800m, 600m x 2 sets with 75- 90s, 60-75s & 45- 60s recoveries based on pack after each rep with 3 min jog between sets. Location: St Peter the Apostle Track.</p>	<p>Distance Fartlek 7.5 mile run with 30 mins of fartlek efforts. Pace: Variable (6 x 5 mins hard efforts with 2.5 min in recoveries i.e. 5 min then 2.5 min recovery x 6.) Location: Garscube SC.</p> <p>Route 10. Alternative Fartlek. 1 mile warm up, 30 mins of fartlek efforts (as above), 1-2 mile cool down (athletes' choice). Location: Winter Warm Up</p>	
16 March	<p>400m Repetitions 10-14 x 400m with 45-60s recovery based on pack. Location: St Peter the Apostle Track.</p>	<p>Steady Run 6.1 miles Pace: Easy Location: Garscube SC.</p> <p>Route 11 (Shorter)</p>	<p>Saturday National 6/4 Stages Road Relays. Club Entry. Location: St. Margarets Academy, Livingston. Winter League Event 11</p>
23 March	<p>600m Repetitions 6-10 x 600m with 200m jog recovery. Location: St Peter the Apostle Track</p>	<p>Out and Back 5-9 miles, 25.5 mins out & 24.5 mins back. Pace: Athlete decides. Location: Garscube SC for warm up.</p> <p>Route 16.</p>	<p>Sunday: Tom Scott National 10 Mile Road Race Location: Strathclyde Park, Motherwell Winter League Event 12</p>

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	8-10 to 8-21	8-10 to 8-31	9-13 to 9-33
C	50 to 52	8-03 to 8-22	8-13 to 8-32	8-23 to 8-42	8-21 to 8-41	8-31 to 8-51	9-33 to 9-52
C	52 to 55	8-22 to 8-51	8-32 to 9-01	8-42 to 9-11	8-41 to 9-12	8-51 to 9-22	9-52 to 10-21
B	55 to 57	8-51 to 9-11	9-01 to 9-21	9-11 to 9-31	9-12 to 9-32	9-22 to 9-42	10-21 to 10-41
B	57 to 60	9-11 to 9-39	9-21 to 9-49	9-31 to 9-59	9-32 to 10-02	9-42 to 10-13	10-41 to 11-09
A	60 to 70	9-39 to 11-16	9-49 to 11-26	9-59 to 11-36	10-02 to 11-42	10-13 to 11-55	11-09 to 12-46

Tuesday Training 10km Pace Chart Target Times

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

Tuesday Training 5km Pace Chart Target Times

Pack	Training Groups	10K Race time	5k Race Time	400m Target Time	500m Target Time	600m Target Time	800m Target Time	1km Target Time	1200m Target Time	2km Target Time	1mile Target Time
I	1	31 to 35	14-56 to 15-53	1-12 to 1-16	1-30 to 1-35	1-48 to 1-54	2-25 to 2-32	3:00 to 3-10	3-37 to 3-48	5-59 to 6-20	4-49 to 5-07
I	1	33 to 35	15-53 to 16-51	1-16 to 1-20	1-35 to 1-40	1-54 to 2-00	2-32 to 2-41	3-10 to 3-21	3-48 to 4-01	6-20 to 6-42	5-07 to 5-25
I	1	35 to 36	16-51 to 17-20	1-20 to 1-23	1-40 to 1-44	2-00 to 2-04	2-41 to 2-46	3-21 to 3-27	4-01 to 4-08	6-42 to 6-54	5-25 to 5-35
H	2	36 to 38	17-20 to 18-18	1-23 to 1-27	1-44 to 1-49	2-04 to 2-10	2-46 to 2-55	3-27 to 3-38	4-08 to 4-21	6-54 to 7-16	5-35 to 5-53
H	2	38 to 40	18-18 to 19-16	1-27 to 1-32	1-49 to 1-55	2-10 to 2-18	2-55 to 3-05	3-38 to 3-51	4-21 to 4-37	7-16 to 7-41	5-53 to 6-12
G	2	40 to 42	19-16 to 20-13	1-32 to 1-37	1-55 to 2-01	2-18 to 2-25	3-05 to 3-14	3-51 to 4-02	4-37 to 4-50	7-41 to 8-04	6-12 to 6-31
F	3	42 to 43	20-13 to 20-42	1-37 to 1-39	2-01 to 2-04	2-25 to 2-28	3-14 to 3-19	4-02 to 4-09	4-50 to 4-59	8-04 to 8-18	6-31 to 6-40
F	3	43 to 45	20-42 to 21-40	1-39 to 1-44	2.04 to 2-10	2-28 to 2-36	3-19 to 3-28	4-09 to 4-20	4-59 to 5-12	8-18 to 8-40	6-40 to 6-58
E	3	45 to 47	21-40 to 22-38	1-44 to 1-48	2-10 to 2-15	2-36 to 2-42	3-28 to 3-37	4-20 to 4-31	5-12 to 5-25	8-40 to 9-02	6-58 to 7-17
D	4	47 to 48	22-38 to 23-07	1-48 to 1-50	2-15 to 2-17	2-42 to 2-45	3-37 to 3-41	4-31 to 4-36	5-25 to 5-31	9-02 to 9-12	7-17 to 7-26
D	4	48 to 50	23-07 to 24-05	1-50 to 1-55	2-17 to 2-24	2-45 to 2-52	3-41 to 3-51	4-36 to 4-48	5-31 to 5-45	9-12 to 9-36	7-26 to 7-45
C	4	50 to 52	24-05 to 25-02	1-55 to 2-00	2-24 to 2-30	2-52 to 3-00	3-51 to 4-00	4-48 to 5-00	5-45 to 6-00	9-36 to 10-00	7-45 to 8-04
C	4	52 to 55	25-02 to 26-29	2-00 to 2-07	2-30 to 2-39	3-00 to 3-10	4-00 to 4-14	5-00 to 5-17	6-00 to 6-20	10-00 to 10-34	8-04 to 8-31
B	5	55 to 57	26-29 to 27-27	2-07 to 2-12	2-39 to 2-45	3-10 to 3-18	4-14 to 4-23	5-17 to 5-29	6-20 to 6-35	10-34 to 10-58	8-31 to 8-50
B	5	57 to 60	27-27 to 28-53	2-12 to 2-18	2-45 to 2-53	3-18 to 3-27	4-23 to 4-37	5-29 to 5-46	6-35 to 6-55	10-58 to 11-32	8-50 to 9-18
A	5	60 to 70	28-53 to 33-42	2-18 to 2-32	2-53 to 3-10	3-27 to 4-03	4-37 to 5-05	5-46 to 6-21	6-55 to 7-37	11-32 to 12-42	9-18 to 10-52

Tuesday Training 3km Pace Chart Target Times

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