



12 Week Autumn/Winter Virtual 5km Training Plan
7 September 2020 to 6 December 2020
Issue 1

Training Plan Aim and Structure

This virtual training plan is a 12 week plan aimed at improving 5km race times but it can also be used by athletes targeting other distances to improve leg speed and aerobic endurance. The plan is divided into 2 training blocks with a timed run goal at week 6 and 12.

Block 1, Week 6: 5k timed run to check progress.

Block 2, Week 12: 5k time trial.

The sessions are structured to provide gradual increases in both intensity and volume over the two blocks of training. Each block ends with an easier week of sessions before a 5k run. The plan provides three prescribed sessions per week with the rest of the week left up to the individual athlete to fill as suits their aims and ability.

Session 1 each week will be either hill repetitions, race pace intervals, speed repetitions or a structured fartlek. The aim of session 1 is generally to work on leg strength and leg speed. These sessions will include some high intensity work.

Session 2 each week will be a variety of tempo runs, progression runs and 'out and back' runs. These sessions have more focus on aerobic development and endurance therefore they will tend to be a lower intensity but longer duration workout.

Session 3 each week will be one of a series of long easy runs. The aim of these runs is to build aerobic endurance and therefore the intensity should be low throughout. The distance of the long runs has been left to the athlete to decide based on their own aims and ability. There are some suggestions for adding hilly sections or sticking to flatter terrain.

Session Outlines

Each session is outlined below along with a suggested warm up and cool down. Athletes should use their own judgement to flex the session if necessary. The session outline will provide a maximum and minimum range of repetitions, or efforts, for each workout. These are provided as a guide to athletes to help them get the most out of the session but the focus should be on quality over quantity. Where an athlete finds that it is becoming too hard to maintain the suggested

pace over the range of reps they should stop. Generally, this is the point where the training effect has been achieved and attempting further reps risk fatigue and injury.

The session paces for each training run are outlined in pace charts below. The pace for the long easy run has been left to the athlete to determine but should generally be no faster than 5k pace plus 2 minutes.

Recovery interval times and paces should be adhered to, once again, to avoid the risk of fatigue and injury. Recover running should be at a **slow** jog pace.

Safety and Social Distancing

Please consider the safety of yourself and others throughout every run. Be aware of your environment and chose a training route that is suitable for the type of session you are undertaking.

As always, please be respectful of other athletes and members of the public whenever and wherever you chose to train.

Social distancing rules and government guidelines should be adhered to for all sessions. Please ensure you are up to date with the latest guidelines on exercising as these are likely to change throughout the programme.

The training plan has been drawn up by the coaches to allow our members to undertake structured training outside of the club environment. The training will be unsupervised and therefore the coaches will not be risk assessing routes for you. At the time of writing, these sessions are not being hosted as official club events and therefore you participate at your own risk.

Garscube 12 Week Virtual 5k Training Plan

Week No	Week beginning	Session 1	Session 2	Session 3
Week 0	07/9/2020	Steady 5-6 mile run with optional 6 x 100m strides. 85-95% max speed with equal distance slow jog recoveries.	Steady 5-6 mile run with optional 10 x 30 seconds of quicker running (5k pace) with 1 min recovery jogs	Easy long run
Week 1	14/9/2020	Hills: 8-10 x 30 second repeats with 60-90 second jog/walk recoveries back down the hill. Pace is based on perceived effort. You should feel uncomfortable and unable to talk. Warm up 1.5 miles plus 6 x 20 second strides with equal distance slow jog recoveries. Cool down 1.5 miles.	Tempo: 3 x 1 mile at 10k pace with 2 minute recovery jogs. Warm up 2 miles easy with 4 x 20 second strides at tempo pace in second mile. Cool down 1 mile easy.	Long run including some hilly sections
Week 2	21/9/2020	Race pace intervals: 8-12 x 400m at 5k pace with 2 minute slow jog recoveries. Warm up 1 mile then 4 x 100m strides at 5k pace with equal distance slow jog recoveries. Cool down 1 mile.	Tempo: 4 miles at 10k plus 10 seconds per mile. Warm up 2 miles easy with 4 x 20 second strides at tempo pace in second mile. Cool down 1 mile easy.	Long run - flat route
Week 3	28/9/2020	Hills: 8-10 x 45 second repeats with 2 min jog/walk recoveries back down the hill. Pace is based on perceived effort. You should feel uncomfortable and unable to talk. Warm up 1.5 miles plus 6 x 20 second strides with equal distance slow jog recoveries. Cool down 1.5 miles	Progression run: 2m at 10k pace plus 30 seconds, 2 miles at 10k pace plus 20 seconds, 1 mile at 10k pace. Warm up 1.5 miles easy. Cool down 1.5 miles easy	Long run

Week No	Week Beginning	Session 1	Session 2	Session 3
Week 4	05/10/2020	<p>Race pace intervals: 6 x 800m at 5k pace with 2 min slow jog recoveries.</p> <p>Warm up 1 mile then 4 x 100m strides at 5k pace with equal distance slow jog recoveries.</p> <p>Cool down 1 mile.</p>	<p>Tempo: 4 mile hilly tempo - 1 mile working hard on a hilly course at tempo paced effort with 1/3 mile recovery x 3 = 4 miles total.</p> <p>Due to the hilly course tempo pace is based on perceived effort. The tempo pace should feel comfortably hard. You should be able to talk, but only a few words at a time.</p> <p>Warm up - up to 1.5 miles easy.</p> <p>Cool down - up to 1.5 miles easy</p>	Long run

Week No	Week Beginning	Session 1	Session 2	Session 3
Week 5	12/10/2020	<p>Structured fartlek: 1 mile warm up followed by 40 mins of 1 min fast/1min easy.</p> <p>Pace is based on perceived effort. The fast sections should feel uncomfortable and it should be difficult to talk by the end of each effort.</p> <p>Cool down 1 mile.</p>	<p>Tempo: 5k at 10k pace plus 10 seconds or optional 10k plus 20 seconds.</p> <p>Warm up 1.5 miles easy with 4 x 20 second strides at tempo pace.</p> <p>Cool down 1.5 mile easy.</p>	Long run - cut back on mileage.
Week 6	19/10/2020	<p>Speed work: 8-12 x 200m @ 3k pace with 60 second recovery.</p> <p>Warm up 1 mile followed by 2 x 10-15 second strides.</p> <p>Cool down 1 mile.</p>	<p>Easy/Steady 5-6 mile run with optional 2 x 1 mile tempo efforts.</p> <p>Warm up and cool down included in total mileage.</p> <p>Optional tempo at 10k plus 10 seconds.</p>	<p>5km - time trial, use this run to test your progress so far.</p> <p>Warm 1.5 miles easy followed by 4 x 100m at 5k race pace with equal distance jog recoveries</p>
Week 7	26/10/2020	<p>Speed work: 10-12 x 400m @ 3k pace with 2 min jog recovery.</p> <p>Warm up 1 mile followed by 4 x 10-15 second strides.</p> <p>Cool down 1 mile.</p>	<p>Tempo: 2 x 2 mile at 10k pace plus 10 seconds with 4 minute recovery jogs.</p> <p>Warm up – up to 2 miles easy with 4 x 20 second strides at tempo pace in second mile.</p> <p>Cool down 1 mile easy.</p>	Long run
Week 8	02/11/2020	<p>Race pace intervals: 5 x 1km at 5k pace with 90 second jog recoveries.</p> <p>Warm up 1 mile then 4 x 100m strides at 5k pace with equal distance recoveries.</p> <p>Cool down 1 mile.</p>	<p>Tempo: 4 miles at 10k plus 10 seconds per mile.</p> <p>Warm up 2 miles easy with 4 x 20 second strides at tempo pace in second mile.</p> <p>Cool down 1 mile easy.</p>	Long run including some hilly sections

Week No	Week beginning	Session 1	Session 2	Session 3
Week 9	09/11/2020	<p>Speed work: 10-12 x 200m @ 3k pace with 60 second recovery.</p> <p>Warm up 1 mile followed by 2 x 10-15 second strides.</p> <p>Cool down 1 mile.</p>	<p>Out & Back: 20.5 mins out, 19.5 mins back. Pace set by athlete.</p> <p>Warm up 1.5 mile easy followed by 4 x 100 m at 5k race pace with equal distance jog recovery.</p> <p>Cool down 1 mile easy.</p>	Long run - flat route
Week 10	16/11/2020	<p>Race pace intervals: 3 x 1 mile at 5k pace with 2 min jog recoveries.</p> <p>Warm up 1 mile then 4 x 100m strides at 5k pace with equal distance recoveries.</p> <p>Cool down 1 mile.</p>	<p>Tempo: stepping stone session. (1 mile at 10k pace, 1 mile at 10k pace plus 1 minute) x 3.</p> <p>Warm up 1 mile easy.</p> <p>No need for additional cool down mileage.</p>	Long run
Week 11	23/11/2020	<p>Structured fartlek: 1m warm up; 1min/2mins/3mins/4mins/5mins/4mins/3mins/ 2mins/1min efforts with half the time jog recovery of the previous effort (except for the 1 min effort which gets a 1 min recovery).</p> <p>Pace for efforts is 5km pace.</p> <p>Cool down 1 mile</p>	<p>Tempo: 5k at 10k pace plus 10 seconds or optional 10k plus 20 seconds.</p> <p>Warm up 1.5 miles easy with 4 x 20 second strides at tempo pace.</p> <p>Cool down 1.5 miles easy.</p>	Distance run: athlete picks the distance. Focus is on not going too long this week but keep the effort level at long run pace.
Week `12	30/11/2020	<p>Speed work: 6 x 200m at 3k pace with 400m easy jog recoveries.</p> <p>Warm up 1 mile followed by 4 x 10-15 second strides.</p> <p>Cool down 1 mile.</p>	<p>Easy/Steady 5-6 mile run with optional 2 x 1 mile tempo efforts.</p> <p>Warm up and cool down included in total mileage.</p> <p>Optional tempo at 10k plus 10 seconds.</p>	<p>Time trial: 5km goal time trial.</p> <p>Warm 1.5 miles easy followed by 4 x 100m at 5k race pace with equal distance jog recoveries.</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	10k Pace	Short Tempo Pace 10k + 10s	Medium Tempo Pace 10k + 20s	5m Pace	8k Pace (min km)	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	4-57 to 5-16	3-05 to 3-16	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	5-16 to 5-35	3-16 to 3-28	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	5-35 to 5-45	3-28 to 3-34	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	5-45 to 6-04	3-34 to 3-46	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	6-04 to 6-23	3-46 to 3-58	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	6-23 to 6-42	3-58 to 4-10	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	6-42 to 6-52	4-10 to 4-16	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	6-52 to 7-11	4-16 to 4-27	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	7-11 to 7-30	4-27 to 4-40	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	7-30 to 7-40	4-40 to 4-46	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	7-40 to 7-59	4-46 to 4-57	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	7-59 to 8-18	4-57 to 5-10	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	8-18 to 8-47	5-10 to 5-28	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	8-47 to 9-06	5-28 to 5-39	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	9-06 to 9-35	5-39 to 5-57	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	9-35 to 11-11	5-57 to 6-57	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	200m Target Time	300m Target Time	400m Target Time	600m Target Time	800m Target Time	1km Target Time	1200m Target Time	1m Target Time
I	1	31 to 33	08-30 to 09-02	0-34 to 0-36	0-50 to 0-52	1-07 to 1-12	1-41 to 1-48	2-16 to 2-24	2-49 to 3-00	3-23 to 3-36	4-33 to 4-51
I	1	33 to 35	09-02 to 09-35	0-36 to 0-38	0-52 to 0-57	1-12 to 1-16	1-48 to 1-54	2-24 to 2-32	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	0-38 to 0-39	0-57 to 0-59	1-16 to 1-18	1-54 to 1-58	2-32 to 2-36	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	0-39 to 0-42	0-59 to 1-02	1-18 to 1-23	1-58 to 2-04	2-36 to 2-46	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	0-42 to 0-44	1-02 to 1-05	1-23 to 1-27	2-04 to 2-10	2-46 to 2-54	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	0-44 to 0-46	1-05 to 1-09	1-27 to 1-32	2-10 to 2-18	2-54 to 3-04	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	0-46 to 0-47	1-09 to 1-10	1-32 to 1-34	2-18 to 2-21	3-04 to 3-08	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	0-47 to 0-49	1-10 to 1-13	1-34 to 1-38	2-21 to 2-27	3-08 to 3-16	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	0-49 to 0-51	1-13 to 1-17	1-38 to 1-42	2-27 to 2-34	3-16 to 3-22	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	0-51 to 0-52	1-17 to 1-18	1-42 to 1-44	2-34 to 2-37	3-22 to 3-28	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	0-52 to 0-55	1-18 to 1-22	1-44 to 1-49	2-37 to 2-44	3-28 to 3-38	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	0-54 to 0-57	1-22 to 1-25	1-49 to 1-53	2-44 to 2-50	3-38 to 3-46	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	0-57 to 1-00	1-25 to 1-30	1-53 to 2-00	2-50 to 3-00	3-46 to 4-00	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	1-00 to 1-02	1-30 to 1-33	2-00 to 2-04	3-00 to 3-07	4-00 to 4-08	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	1-02 to 1-06	1-33 to 1-38	2-04 to 2-11	3-07 to 3-16	4-08 to 4-22	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	1-06 to 1-17	1-38 to 1-55	2-11 to 2-33	3-16 to 3-49	4-22 to 5-06	5-28 to 6-23	6-34 to 7-40	8-49 to 10-17