



## **16 Week Spring and Summer Training Plan 08 March 2021 to 27 June 2021 Issue 1**

### **Training Plan Aim and Structure**

#### **Training Aim**

Due to the pandemic it's unlikely there will be any competitive races during this 16-week virtual training plan therefore we have introduced a series of virtual events for you to target and base your training around.

Keeping competitive is a fundamental aim of this plan such that you are ready as and when racing recommences later in the year.

#### **Training Structure**

During the 16 weeks, the sessions will either be all virtual training sessions or a mix of face-to-face sessions and virtual sessions if restrictions allow.

**Session 1:** Session 1 each week will be either long repetitions, intervals, or speed repetitions. 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:** Session 2 each week will be a variety of tempo runs, progression runs, steady runs, controlled 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. The competitive 10k series and Out and Backs pace judgment series will form part of session 2

**Easy Session:** We recommend an easy session between session 1 and session 2. (Not shown on plan) This may be easy running, jogging or walking as suits your fitness level and goals.

**Weekend Session:** The weekend sessions are a series of long easy runs.

The aim of the long run is to build aerobic endurance and therefore the intensity should be low throughout. We are still advising the 3up/1down training method where you run 3 long runs and 1 shorter run over a 4-week period on your long run programme where the plan dictates. We also advise all athletes add 5 mins per week to their current long run until they can run for 2 hours. We also recommend that athletes should be aiming to run a long run of at least 1.5 hours every week when possible.

## Session Outlines

Each session is outlined below along with a suggested warm up and cool down. Athletes should use their own judgment to flex the session if necessary. The session outline will provide a maximum and minimum range of repetitions, or continuous run efforts, for each session.

In Session 1 no paces are outlined as the coaches want the athletes to select a pace from the pace charts up to 5% greater than their normal pace and focus on quality over quantity to put in place the foundations that will allow them to achieve their race goals for 2021.

In session 2 paces are advised - 10k pace, half marathon pace, progression pace, steady pace, controlled pace, relaxed pace and athlete selected pace.

The following pace descriptions allow you as an athlete to determine your training pace.

**Tempo Pace:** Tempo runs should feel uncomfortable, and it should be hard to talk during the run. It is likely to be relatively hard to breath during the run and at its completion the athlete should feel as if they have worked hard. However, the pace being run should be maintained throughout the duration of the run, if the athlete starts to slow as a result of having run too fast at the start of the run then it is not strictly a Tempo run. Pace is typically 10-20s slower than your 10k pace. +20s is almost equivalent to your half marathon pace.

**Progression Pace:** The aim here is to gradually pick up your pace with each mile until your final mile is being run as a hard effort. You will need to use your judgment and work backwards from your 'hard effort' pace to gauge the pace you should set off at. You decide on how much of an increase to include per mile but as a guide we would suggest somewhere between 10 and 30 seconds per mile.

**Controlled Pace:** A controlled run is one where you are putting in some work, but you are never pushing yourself so hard that you end up in 'the red zone'. The red zone is where you are working hard, unable to speak and perhaps even unable to think about that movie you watched last night because all of your effort is going into pushing yourself on. Stay in control, stay out of the red zone!

**Steady Pace:** This is a pace that should feel comfortable but should involve a slightly more elevated heart and breathing rate than a relaxed run. It is an aerobic pace so you should be able to speak but by the end you should feel like you have worked. It may be close to your marathon pace and should be slightly easier than the controlled run pace.

**Relaxed Pace:** This is an easy pace. It is an aerobic session, and you should be able to easily hold a conversation. A relaxed run should leave you feeling refreshed, not tired. Run tall, with no tension in your shoulders or arms.

**Long Run Pace:** The weekend long run pace has been left to the athlete to determine but should generally be no faster than 5k pace plus 2 minutes.

**Recovery Pace:** Repetition 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.

Finally, where an athlete finds that it is becoming too hard to maintain their selected pace over the range of reps or continuous run they should stop or slow down. Generally, this is the point where the training effect has been achieved and attempting further reps or continuing the tempo pace will risk fatigue and injury.

### **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 both as part of the face-to-face training sessions and outside of the club environment. Some of the training will therefore be unsupervised and the coaches will not be risk assessing routes for you. As the unsupervised sessions are not being hosted as official club events you participate at your own risk.

**Garscube Virtual 10k series: (Brief Outline details)**

- Series replaces the normal 10k races for Helensburgh, Dumbarton, Clydebank ('The Babcock Series') and Kirkintilloch. Dates reflect 2020 Babcock Series and Kirkintilloch race dates. Dates can be moved.
- Prizes Female and Male scratch and handicap winners in each race.
- Overall Series Female and Male scratch time with the fastest accumulative time from best 3 virtual races.
- Overall Series Female and Male handicap time with the fastest accumulative time from best 3 virtual races. Re-handicap after each race if faster than original basis of handicap.
- Scratch winner cannot win handicap prize in any individual race or overall series win. Next best athlete wins.
- Prizes for each winner is £10 M&S voucher.

Week No	Week Beginning Monday	Session 1	Session2	Weekend Session
1	8 March	<b>1000m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 4-5 x 1000m with 90 secs recovery. Cool down: 1 mile.	<b>Timed Tempo</b> Warm up: 2 miles or 15 mins of running. Session: 3x10mins tempo run with 90s recovery between each timed tempo. Cool down: 1 mile.	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace
2	15 March	<b>1 Mile Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 3 x 1mile with 90secs recovery. Cool down: 1 mile.	<b>Hilly Tempo</b> Warm Up: 2 mile or 15 mins of running. Session: 3-mile tempo on a hilly course. Cool down: 2 miles.	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace
3	22 March	<b>600m Repetitions</b> Warm up: 1.5 - 2 miles incorporating strides. Session: 8 x 600m with 60 secs recovery. Cool down: 1.5 miles.	<b>Steady Run</b> Warm up: 2 miles or 15 mins of running. Session: 4 miles steady run. Cool down: 1 mile.	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace
4	29 March	<b>1200m Repetitions:</b> Warm up: 2 mile incorporating 4 x 100m strides with equal distance recoveries. Session: 4 x 1200m with 90s jog recoveries. Cool down: 1.5 -2 mile.	<b>Controlled Run</b> Warm up: 1-1.5 miles. Session: 4 miles-controlled run. Cool down: 1-2 miles. Refer to the Session Outline information on page 2 for Controlled Run definition.	<b>Weekend Long Run</b> 1 - 1.5 hours long run at a comfortable conversational pace
5	05 April	<b>500m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 10 x 500m with a 60s recovery. Cool down: 2 miles.	<b>Distance Tempo</b> Warm up: 2 miles or 15 mins of running. Session: 5k Tempo. Cool down: 2 miles.	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace

<b>Week No</b>	<b>Week Beginning Monday</b>	<b>Session 1</b>	<b>Session 2</b>	<b>Weekend Session</b>
<b>6</b>	<b>12 April</b>	<b>400m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 12 x 400m with a 60s recovery. Cool down: 2 miles.	<b>Timed Tempo</b> Warm up: 2 miles or 15 mins of running. Session: 5min tempo, 10min tempo, 15 min tempo with 90s recovery between tempo sessions. Cool down: 1 mile.	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace
<b>7</b>	<b>19 April</b>	<b>1mile Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 3 x 1 mile with a 75secs recovery. Cool down: 1 miles.	<b>Out and Back</b> Warm up: 1-1.5 miles inc 4-5 strides roughly 100m Session: 20.5 min out and 19.5 min back Cool down: 1 mile.	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace
<b>8</b>	<b>26 April</b>	<b>Mixed Distance Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 800m, 600m, 400m, 200m x 2 sets with 90s, 75s and 60 s recovery after each rep with 3 min jog between sets. Finish with 4 x 100m strides at the end. Cool down: 1.5 miles.	<b>Relaxed Run</b> Warm up: 2 miles. Session: 4 miles relaxed run. Cool down: 2 miles. Refer to the Session Outline information on page 2 for Relaxed Run definition.	<b>Weekend Long Run</b> 1 – 1.5 hours long run at a comfortable conversational pace
<b>9</b>	<b>3 May</b>	<b>600m Repetitions</b> Warm up: 1.5 - 2 miles incorporating strides. Session: 6 x 600m with 60 secs recovery. Cool down: 1.5 miles	<b>Garscube Virtual 10k Series Event 1</b> Individual and League 10k series. Details to be released	<b>Weekend Long Run</b> 1 - 1.5 hours long run at a comfortable conversational pace
<b>10</b>	<b>10 May</b>	<b>1000m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 3 x 1000m with 75 secs recovery. Cool down: 1.5 miles.	<b>Garscube Virtual 10k Series Event 2</b> Individual and League 10k series. Details to be released	<b>Weekend Long Run</b> 1 - 1.5 hours long run at a comfortable conversational pace

<b>Week No</b>	<b>Week Beginning Monday</b>	<b>Session 1</b>	<b>Session 2</b>	<b>Weekend Sessions</b>
<b>11</b>	<b>17 May</b>	<b>200m Repetitions</b> Warm up: 1.5 - 2 miles incorporating strides. Session: 15-20 x 200m with 200m continuous jog recovery. All recoveries shall be the same time over 200m. Cool down: 2 miles.	<b>Progression Run</b> Warm up: 2 miles inc 4-5 strides roughly 100 m Session: 3-mile progression run with the last mile fast Cool down: 1.5 miles.	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace
<b>12</b>	<b>24 May</b>	<b>400m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 3 sets of 4 x 400m@5k pace; 1 min between 400s and 5 mins between sets. Cool down: 2 miles.	<b>Out and Back</b> Warm up: 1 -1.5 miles inc 4-5 strides roughly 100 m Session: 20.5 min out and 19.5 min back Cool down: 1 mile.	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace
<b>13</b>	<b>31 May</b>	<b>1000m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 3 x 1000m with 60 secs recovery. Cool down: 1.5 miles.	<b>Garscube Virtual 10k Series Event 3</b> Individual and League 10k series. Details to be released	<b>Weekend Long Run</b> 1 - 1.5 hours long run at a comfortable conversational pace
<b>14</b>	<b>7 June</b>	<b>300m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 10-15 x 300m with 100m jog recovery. Cool down: 1.5 - 2 miles cool down	<b>Garscube Virtual 10k Series Event 4</b> Individual and League 10k series. Details to be released.	<b>Weekend Long Run</b> 1 - 1.5 hours long run at a comfortable conversational pace
<b>15</b>	<b>14 June</b>	<b>800m Repetitions</b> Warm up: 1.5 - 2 miles incorporating strides. Session: 6-8 x 800m with 90 secs recovery. Cool down: 1.5 miles	<b>Out and Back</b> Warm up: 1-1.5 miles inc 4-5 strides roughly 100 m Session: 20.5 min out and 19.5 min back Cool down: 1 mile.	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace
<b>16</b>	<b>21 June</b>	<b>400m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 12-15 x 400m with a 60 secs recovery. Cool down: 1 mile.	<b>Stepping Stone Session</b> Warm up: 1 mile Session:(1m at 10k pace, 1m at 10k pace +1min) x 3. Cool down: 1 mile	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace

**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

**Tuesday Track Training 1500m Pace Chart Target Times**

Packs	Training Groups	10K Race time	500m T Time 1500m pace	600m T Time 1500m Pace
I	1	31 to 33	1-18 to 1-24	1-35 to 1-41
I	1	33 to 35	1-24 to 1-30	1-41 to 1-48
I	1	35 to 36	1-30 to 1-33	1-48 to 1-51
H	2	36 to 38	1-33 to 1-38	1-51 to 1-57
H	2	38 to 40	1-38 to 1-43	1-57 to 2-03
G	2	40 to 42	1-43 to 1-48	2-03 to 2-09
F	3	42 to 43	1-48 to 1-50	2-09 to 2-12
F	3	43 to 45	1-50 to 1-55	2-12 to 2-18
E	3	45 to 47	1-55 to 2-01	2-18 to 2-25
D	4	47 to 48	2-01 to 2-03	2-25 to 2-28
D	4	48 to 50	2-03 to 2-09	2-28 to 2-34
C	4	50 to 52	2-09 to 2-13	2-34 to 2-40
C	4	52 to 55	2-13 to 2-21	2-40 to 2-49
B	5	55 to 57	2-21 to 2-26	2-49 to 2-55
B	5	57 to 60	2-26 to 2-34	2-55 to 3-04
A	5	60 to 70	2-34 to 2-59	3-04 to 3-35