



**Garscube Harriers Winter Training Sessions**  
**02 October 2017 to 31 March 2018**  
**Issue5**

<b>Day</b>	<b>Session</b>	<b>Duration</b>
Tuesday	Speed Endurance	02 October to 27 March
Wednesday	Strength and Conditioning	13 December to 28 March
Thursday	Endurance/Tempo	04 October to 29 March
Saturday	Cross Country Training	06 January to 17 February

Date	Training Sessions/Race	Venue
<b>Tuesday 3 October</b>	1x1600m @ 5K pace; 3mins recovery then 6x400m with 200m jog in 2mins recovery (3k pace); 3mins recovery then 1x1600m (5k pace)	Todd Campus Science Park. Meet at Garscube SC for running warm up or Dynamic warm up at Todd Campus Science Park
<b>Thursday 5 October</b>	6-7m with 5k tempo at 10k pace +20s <b>Training Route 4 (variation)</b>	Garscube Sports Complex
<b>Saturday 7 October</b>	<b>GEORGE CUMMINGS RELAYS</b>	Houston - club entry
<b>Sunday 8 October</b>	<b>NEIL McCOVER HALF MARATHON REMEMBER TO ENTER EARLY</b>	Kirkintilloch
<b>Tuesday 10 October</b>	1mile, 3mins recovery; 2x800m with90secs recovery; 4x400m with 1 min recovery. Mile @10k pace, 800s @ 5k pace and 400s as fast as you can.	Anniesland Rd. Meet at Garscube SC for running warm up or Dynamic warm up at Anniesland Road.
<b>Thursday 12 October</b>	6m steady pack run with optional 2x1m tempo sections <b>Training Route 3</b>	Garscube Sports Complex
<b>Sunday 15 October</b>	<b>WEST DISTRICT CC RELAYS (WINTER LEAGUE)</b>	Hamilton Racecourse - Club entry – target race
<b>Tuesday 17 October</b>	6-8x600m with 2mins jog recovery (5k pace)	St Peter the Apostle Track (school) Kirkoswald Drive, Clydebank, G81 2DB £2 entry fee, please be warmed up & ready to start at 7:25pm sharp
<b>Thursday 19 October</b>	7-8m with 4m hilly tempo <b>Training Route 11</b>	Garscube Sports Complex
<b>Saturday 21 October</b>	<b>DUNBARTONSHIRE RELAYS (WINTER LEAGUE) GAA Endurance Group cross country session (up to 8x 3min reps with 90 secs recovery)</b>	Maryhill Park - club entry – target race Bellahouston Park Pitch and Putt– 10.30am start. Suitable for under 15s up
<b>Tuesday 24 October</b>	3x1mile with 800m jog recovery (5k pace)	Anniesland Rd. Meet at Garscube SC for running warm up or Dynamic warm up at Anniesland Road.

<b>Thursday 26 October</b>	6.5m run with optional 15min tempo section <b>Training Route 7</b>	Garscube Sports Complex
<b>Saturday 28 October</b>	<b>NATIONAL CC RELAYS (WINTER LEAGUE)</b>	Cumbernauld Club entry – target race
<b>Tuesday 31 October</b>	6-8x800m with 2mins recovery (5k pace)	St Peter the Apostle Track (school) Kirkoswald Drive, Clydebank, G81 2DB £2 entry fee, please be warmed up & ready to start at 7:25pm sharp
<b>Thursday 2 November</b>	5-9m, 20 mins out and back. GWR route. <b>Training Route 20</b>	Garscube Sports Complex
<b>Saturday 4 November</b>	<b>GAA Endurance Group cross country session</b> 10mins tempo, 10x1min with 1 min recovery; 10 mins tempo.	Pollok Park – meet at WW1 excavations. 10.30am start
<b>Tuesday 7 November</b>	4-8 x 1k with 3mins recovery (10k pace) (athletes competing in National short course do 4)	Switchback Rd - Meet at shops. Meet at Garscube SC for running warm up or Dynamic warm up at Switchback Road.
<b>Thursday 9 November</b>	8m Progression Run. 2m at 10k pace +30s, 2m at 10k pace +20s and 1m at 10k pace. <b>Training Route TBC</b>	Garscube Sports Complex
<b>Saturday 11 November</b>	<b>NATIONAL SHORT COURSE (4K) CHAMPIONSHIPS (WINTER LEAGUE)</b>	Kirkcaldy –club entry – target race
<b>Tuesday 14 November</b>	4-6x 1200m with 3 min recovery (5k pace)	Anniesland Rd. Meet at Garscube SC for running warm up or Dynamic warm up at Anniesland Road.
<b>Thursday 16 November</b>	7-8m with 4.5m Tempo session. Pace – 3.3m at 10k +20s and 1.2m at 5m pace <b>Training Route 12</b>	Garscube Sports Complex
<b>Saturday 18 November</b>	Schools Cross Country - Volunteers required  GAA Endurance Session - Up to 8 x 4mins with 2mins recovery	See Stuart Irvine, Maryhill Park 9-30  Tollcross Park, Meet at flagpole
<b>Tuesday 21 November</b>	3-5x2k with 3min recovery (10k pace)	Anniesland Rd. Meet at Garscube SC for running warm up or Dynamic warm up at Anniesland Road.
<b>Thursday 23 November</b>	5-9m, 25mins out and back. GWR route. - <b>Training Route 20</b>	Garscube Sports Complex

<b>Saturday 25 November</b>	<b>BRITISH CROSS CHALLENGE – JUNIORS</b> <b>DUNBARTONSHIRE CROSS COUNTRY CHAMPIONSHIPS (WINTER LEAGUE)</b>	Liverpool Balloch Park club entry – target race
<b>Tuesday 28 November</b>	8- 10x600m with 90 sec jog recovery (5k pace)	St Peter the Apostle Track (school) Kirkoswald Drive, Clydebank, G81 2DB £2 entry fee, please be warmed up & ready to start at 7:25pm sharp
<b>Thursday 30 November</b>	6-7m steady with 5k tempo section - <b>Training Route 4 (alternative)</b>	Garscube Sports Complex
<b>Tuesday 5 December</b>	1mile/1200/800/600/400 with half distance jog recovery (e.g. 800 after 1600m) 10k-3k pace and 400 fast	Anniesland Road Meet at Garscube SC for running warm up or Dynamic warm up at Anniesland Road.
<b>Thursday 7 December</b>	6-7 miles with optional 10 min tempo section - <b>Training Route 5</b>	Garscube Sports Complex
<b>Saturday 9 December</b>	<b>WEST DISTRICT CC (WINTER LEAGUE)</b> <b>Christmas Ceilidh</b>	Club entry – target race Ceilidh Tickets from Emma
<b>Tuesday 12 December</b>	6-8x800m with 2 mins s recovery (5k pace)	St Peter the Apostle Track (school) Kirkoswald Drive, Clydebank, G81 2DB £2 entry fee, please be warmed up & ready to start at 7:25pm sharp
<b>Wednesday 13 December</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 14 December</b>	7-8m with 4m hilly tempo - <b>Training Route 15</b>	Garscube Sports Complex
<b>Saturday 16 December</b>	SANTA RUN TBC	Venue TBC
<b>Tuesday 19 December</b>	2m warm up/20mins of 1min fast/1min steady/2m warm down.	Garscube Sports Complex winter warm up area
<b>Wednesday 20 December</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 21 December</b>	6m progression run -2m steady, 2miles at half marathon pace, 2miles fast <b>Training Route 4</b>	Garscube Sports Complex

<b>Tuesday 26 December</b>	Garscube closed - Turkey Busting session to do from home: 1mile warm up then 6miles with first mile at 10k pace/ followed by 1 mile easy repeat x2 then 1mile warm down	
<b>Thursday 28 December</b>	Garscube Closed – Turkey busting session 2 (with company!) GAA Endurance Session – up to 10x3mins with 90 secs recovery	Bellahouston Park – Pitch and Putt Start 10.30am sharp
<b>Thursday 28 December</b>	Garscube Closed – Turkey busting session 2 (with company!) GAA Endurance Session – up to 10x3mins with 90 secs recovery	Bellahouston Park – Pitch and Putt Start 10.30am sharp
<b>Tuesday 2 January</b>	Garscube closed – Hangover busting session to do from home. Warm up 2 miles then do 2x2min with 2min recovery, 4x1min with 1 min recovery and 4x30 sec with 30 sec recovery. The intervals should be at tempo pace and the recovery should be at a steady pace – don't let the pace drop too much.	
<b>Wednesday 3 January</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 4 January</b>	7.5m with 4m tempo at 10k pace +20s <b>Training Route 19</b>	Garscube Sports Complex
<b>Saturday 6 January</b>	<b>GAA MILER MEET 3000M INDOOR CHAMPIONSHIPS – REMEMBER TO ENTER EARLY</b> Cross Country Training Session - 15x 350m hilly loop	Emirates Arena  Dawsholm Park at 10am Led by Stevie Cullen
<b>Tuesday 9 January</b>	4-5x1200m with 2 mins jog recovery (10k pace)	Anniesland Rd Meet at Garscube SC for running warm up or Dynamic warm up at Anniesland Road.
<b>Wednesday 10 January</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 11 January</b>	7m, 5 min, 10 min and 15 min tempo. Pace 10k +10s. 2mins recovery between tempo sessions. <b>Training Route 14</b>	Garscube Sports Complex
<b>Saturday 13 January</b>	<b>INTER DISTRICT CC (INVITE ONLY FROM WEST DISTRICTS)</b> Cross Country Training Session 2min/3min/4min/5min/4min/3min/2min –take half the time of the previous rep as	Edinburgh  Colquhoun Park At 10am

	recovery	
<b>Tuesday 16 January</b>	2-3x3k with 3 mins recovery (10k pace)	Anniesland Rd Meet at Garscube SC for running warm up or Dynamic warm up at Switchback Road.
<b>Wednesday 17 January</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 18 January</b>	7-8m Progression run 2m at 10k pace +30s, 2m at 10k pace +20s and 1m at 10k pace. <b>Training Route 23</b>	Garscube Sports Complex
<b>Saturday 20 January</b>	<b>GAA Endurance Group cross country session</b> 10mins tempo, 10x1min with 1 min recovery; 10 mins tempo.	Pollok Park – meet at WW1 excavations 10.30am start
<b>Tuesday 23 January</b>	6 -10x800m at 5k pace with 200m jog recovery in no more than 90 secs	St Peter the Apostle Track (school) Kirkoswald Drive, Clydebank, G81 2DB £2 entry fee, please be warmed up & ready to start at 7:25pm sharp
<b>Wednesday 24 January</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 25 January</b>	7-8m, 2x2mile with 0.34m recovery at 10k pace +10s. <b>Training Route 16</b>	Garscube Sports Complex
<b>Saturday 27 January</b>	Cross Country Training Session for the National CC 3-5x 5min with 2min 30 jog recovery	Colquhoun Park at 10am
<b>Tuesday 30 January</b>	1200/1000/800/ x2 (10k pace). 1min after each rep and 3mins between sets	Todd Campus Science Park Meet at Garscube SC for running warm up or Dynamic warm up at Todd Campus Science Park
<b>Wednesday 31 January</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 1 February</b>	5-9m, 25mins out and back. GWR route. <b>Training Route 20</b>	Garscube Sports Complex
<b>Saturday 3 February</b>	<b>NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS (WINTER LEAGUE)</b> Cross Country Training Session for the National CC 10mins, 5x3mins, 10mins	Venue TBC club entry – target race Colquhoun Park at 10am

<b>Tuesday 6 February</b>	3-5x1mile at 10-k pace with 90secs recovery	Anniesland Rd. Meet at Garscube SC for running warm up or Dynamic warm up at Anniesland Road.
<b>Wednesday 7 February</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 8 February</b>	7m Stepping Stone Session 1m at 10k pace, 1m at 10k pace plus 1min x 3 <b>Training Route 12</b>	Garscube Sports Complex
<b>Saturday 10 February</b>	GAA Endurance Cross Country Session – Up to 10x 4mins, recovery 2mins	Tollcross Park at 10.30am. Meet at flag pole Start 10.30am sharp
<b>Tuesday 13 February</b>	12-16 x 400m with 2min jog recovery (3k pace)	St Peter the Apostle Track (school) Kirkoswald Drive, Clydebank, G81 2DB £2 entry fee, please be warmed up & ready to start at 7:25pm sharp
<b>Wednesday 14 February</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 15 February</b>	7-8m, 3 x10 min at Half Marathon pace. 90s recovery between tempo sections. <b>Training Route 23</b>	Garscube Sports Complex
<b>Saturday 17 February</b>	Cross Country Training Session for the National CC 15x 350m hilly loop	Dawsholm Park at 10am
<b>Sunday 18 February</b>	Schools Cross Country Races - Volunteers required	See Stuart Irvine - Maryhill Park 9-30
<b>Tuesday 20 February</b>	1mile at 10k pace, 3mins recovery; 2x800m at 5k pace with 90secs recovery; 4x400m as fast as you can with 1 min recovery	Anniesland Rd. Meet at Garscube SC for running warm up or Dynamic warm up at Anniesland Road.
<b>Wednesday 21 February</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 22 February</b>	6-7m steady <b>Training Route 3 (alternative)</b>	Garscube Sports Complex
<b>Saturday 24 February</b>	<b>NATIONAL CC CHAMPIONSHIP - 10K INDIVIDUAL RACE -- WINTER LEAGUE EVENT (INCORPORATING THE CLUB CC CHAMPIONSHIP- WINTER LEAGUE HANDICAP EVENT)</b>	Callendar Park, – Club Entry – target race

<b>Tuesday 27 February</b>	5min tempo; 10x1min with 1min recovery, 5min tempo Pace - Run as you feel during 5 min tempo and regroup pack for 1 min reps, then run as feel to finish.	Meet at Garscube SC for running warm up and Dynamic warm up.
<b>Wednesday 28 February</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 1 March</b>	7m Stepping Stone Session 1m at 10k pace, 1m at 10k pace plus 1min x 3	<b>Training Route 12</b> Garscube Sports Complex
<b>Tuesday 6 March</b>	3k@10k pace 3mins jog; 2k@5k pace; 2mins jog; 1k@3k pace	Anniesland Rd. Meet at Garscube SC for running warm up or Dynamic warm up at Anniesland Road.
<b>Wednesday 7 March</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 8 March</b>	5-6m run with 2m tempo at half pace	<b>Training Route 3</b> Garscube Sports Complex
<b>Sunday 11 March</b>	<b>BALLOCH TO CLYDEBANK HALF MARATHON – WINTER LEAGUE EVENT –REMEMBER TO ENTER EARLY</b>	Loch Lomond Shores/Clydebank
<b>Tuesday 13 March</b>	5x1k@5k pace; 3mins recovery	Switchback Rd - Meet at shops. Meet at Garscube SC for running warm up or Dynamic warm up at Switchback Road.
<b>Wednesday 14 March</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 15 March</b>	5-9m, 25mins out and back. GWR route.	<b>Training Route 20</b> Garscube Sports Complex
<b>Tuesday 20 March</b>	10x400m with 2mins (200m jog recovery (3k pace)	St Peter the Apostle Track (school) Kirkoswald Drive, Clydebank, G81 2DB £2 entry fee, please be warmed up & ready to start at 7:25pm sharp
<b>Wednesday 21 March</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 22 March</b>	7-8m with 4m hilly tempo	<b>Training Route 11</b> Garscube Sports Complex
<b>Sunday 25 March</b>	<b>4/6 STAGE ROAD RELAY (WINTER LEAGUE)</b>	Livingston club entry – target race



<b>Tuesday 27 March</b>	6x600m with 2mins rest (5k pace)	St Peter the Apostle Track (school) Kirkoswald Drive, Clydebank, G81 2DB £2 entry fee, please be warmed up & ready to start at 7:25pm sharp
<b>Wednesday 28 March</b>	Strength and Conditioning Course	Scotstoun Sports Complex See John Dryden or Duncan McKellar
<b>Thursday 29 March</b>	6/7m Pack run with optional 2 x 1m at 10K pace +10s <b>Training Route 4</b>	Garscube Sports Complex

**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 Pace 10K Pace	Short Tempo Pace 10k + 10s	Medium Tempo Pace 10k + 20s	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	6-30 to 6-49
I	33 to 35	5-19 to 5-38	5-29 to 5-48	5-39 to 5-58	6-49 to 7-08
I	35 to 36	5-38 to 5-48	5-49 to 5-58	5-59 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	7-18 to 7-37
H	38 to 40	6-07 to 6-26	6-17 to 6-36	6-27 to 6-46	7-37 to 7-56
G	40 to 42	6-26 to 6-46	6-36 to 6-56	6-46 to 7-06	7-56 to 8-16
F	42 to 43	6-46 to 6-55	6-56 to 7-05	7-06 to 7-15	8-16 to 8-25
F	43 to 45	6-55 to 7-15	7-05 to 7-25	7-15 to 7-35	8-25 to 8-45
E	45 to 47	7-15 to 7-34	7-25 to 7-44	7-35 to 7-54	8-45 to 9-04
D	47 to 48	7-34 to 7-43	7-44 to 7-53	7-54 to 8-03	9-04 to 9-13
D	48 to 50	7-43 to 8-03	7-53 to 8-13	8-03 to 8-23	9-13 to 9-33
C	50 to 52	8-03 to 8-22	8-13 to 8-32	8-23 to 8-42	9-33 to 9-52
C	52 to 55	8-22 to 8-51	8-32 to 9-01	8-42 to 9-11	09-52 to 10-21
B	55 to 57	8-51 to 9-11	9-01 to 9-21	9-11 to 9-31	10-21 to 10-41
B	57 to 60	9-11 to 9-39	9-21 to 9-49	9-31 to 9-59	10-41 to 11-09

A	60 to 70	9-39 to 11-16	9-49 to 11-26	9-59 to 11-36	11-09 to 12-46
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**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	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	1-48 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	1-54 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	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	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	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	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	2-25 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	2-28 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	2-36 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	2-42 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	2-45 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	2-52 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	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	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	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	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**

<b>Packs</b>	<b>Training Groups</b>	<b>10K Race time</b>	<b>3K Race Time</b>	<b>300m Target Time</b>	<b>400m Target Time</b>	<b>600m Target Time</b>	<b>1000m Target Time</b>	<b>1200m Target Time</b>	<b>1m Target Time</b>
I	1	31 to 33	8-30 to 9-02	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	9-02 to 9-35	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	9-35 to 9-52	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	9-52 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