



**Garscube Harriers Winter Training Sessions**  
**02 October 2018 to 28 March 2019**  
**Issue 1**

<b>Day</b>	<b>Session</b>	<b>Duration</b>
Tuesday	Speed Endurance	02 October to 26 March
Wednesday	Strength and Conditioning	12 December to 27 March
Thursday	Endurance/Tempo	04 October to 28 March
Saturday	Cross Country Training	04 January to 16 February

<b>Week beginning</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
1 October	1x1600m @ 5K pace; 3mins recovery then 6x400m with 200m jog in 2mins recovery (3k pace); 3mins recovery then 1x1600m (5k pace)  Todd Campus.		6-7m with 5k tempo at 10k pace +20s Garscube SC  <b>Route 4 (variation)</b>	<b>GEORGE CUMMINGS RELAYS – club entry</b>  <b>Houston</b>	<b>NEIL McCOVER HALF MARATHON WINTER LEAGUE Kirkintilloch</b>
8 October	3x1mile with 800m jog recovery (5k pace) Anniesland Rd.  Meet at Garscube SC for warm up		6m steady pack run with optional 2x1m tempo sections  Garscube SC <b>Route 3</b>	<b>WEST DISTRICT CC RELAYS (WINTER LEAGUE) - club entry target race</b>  Largs	
15 October	6-8x600m with 2mins jog recovery (5k pace) St Peter the Apostle Track		7-8m with 4m hilly tempo Garscube SC  <b>Route 11</b>	<b>DUNBARTONSHIRE RELAYS (WINTER LEAGUE) – club entry</b>  <b>GAA Endurance Group cross country session (up to 8x 3min reps with 90 secs recovery)</b> Bellahouston Park Pitch and Putt: 10.30am start. Suitable for under 15s up	
22 October	1mile, 3mins recovery; 2x800m with 90secs 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 warm up		6.5m run with optional 15min tempo section Garscube SC <b>Route 7</b>	<b>NATIONAL CC RELAYS (WINTER LEAGUE) Club entry target race</b>  Cumbernauld	
29 October	6-8x800m with 2mins recovery (5k pace) St Peter the Apostle Track		5-9m, 20 mins out and back. GWR route. Garscube SC  <b>Route 20</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	
5 November	4-8 x 1k with 3mins recovery (10k pace) (athletes competing in National short course do 4) Meet at Garscube SC for warm up Switchback Rd		8m Progression Run. 2m at 10k pace +30s, 2m at 10k pace +20s and 1m at 10k pace. Garscube SC Route 23 winter	<b>NATIONAL SHORT COURSE (4K) CHAMPIONSHIPS (WINTER LEAGUE) club entry target race</b> <b>Lanark</b>	

<b>Week beginning</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
12 November	4-6x 1200m with 3 min recovery (5k pace) Todd campus Meet at Garscube SC for warm up		7-8m with 4.5m Tempo session. Pace – 3.3m at 10k +20s and 1.2m at 5m pace Garscube SC  <b>Route 12</b>	GAA Endurance Session: Up to 8 x 4mins with 2mins recovery Tollcross Park meet at the top of the hill near park run finish 10.30 am start	Garscube Schools Cross Country - Volunteers required Maryhill Park 9-30
19 November	3-5x2k with 3min recovery (10k pace) Anniesland Rd. Meet at Garscube SC for warm up		5-9m, 25mins out and back. GWR route. Garscube SC  <b>Route 20</b>	<b>BRITISH CROSS CHALLENGE – JUNIORS</b> Liverpool  <b>DUNBARTONSHIRE CROSS COUNTRY CHAMPIONSHIPS (WINTER LEAGUE)</b> Club entry Balloch Park club entry TBC	
26 November	8-10x600m with 90 sec jog recovery (5k pace) Todd Campus Meet at Garscube SC for warm up		6-7m steady with 5k tempo section Garscube SC <b>Route 4 (Alternative)</b>		
3 December	1mile/1200/800/600/400 with half distance jog recovery (e.g. 800 after 1600m) 10k-3k pace and 400 fast  St Peter the Apostle Track		6-7 miles with optional 10 min tempo section  <b>Route 5</b>	<b>WEST DISTRICT CC (WINTER LEAGUE)</b>  <b>Club entry target race winter league Kilmarnock</b>	
10 December	6-8x800m with 2 mins s recovery (5k pace)  St Peter the Apostle Track	Strength and Conditioning Course Scotstoun Sports Complex	7-8m with 4m hilly tempo  <b>Route 15</b>	<b>Christmas Ceilidh (Friday)</b>  <b>Santa Dash</b>	
17 December	2m warm up/20mins of 1min fast/1min steady/2m warm down. Garscube Sports Complex Winter warm up area	Strength and Conditioning Course Scotstoun Sports Complex	6m progression run -2m steady, 2miles at half marathon pace, 2miles fast <b>Route 4</b>		

<b>Week beginning</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
24 December	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		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		
31 December	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.	Strength and Conditioning Course Scotstoun Sports Complex	Garscube Closed Session to do at home: 1 mile warm up then 10mins 'out and back'; 1 mile warm down	<b>GAA MILER MEET 3000M INDOOR CHAMPIONSHIPS – REMEMBER TO ENTER EARLY</b>  Cross Country Training Session - 15x 350m hilly loop  Dawsholm Park	
7 January	4-5x 1200 with 2 mins jog recovery (10k pace) Anniesland Rd Todd campus Meet at Garscube SC for warm up	Strength and Conditioning Course Scotstoun Sports Complex	7m, 5 min, 10 min and 15 min tempo. Pace 10k +10s. 2mins recovery between tempo sessions. <b>Route 14</b>	Cross Country Training Session 2min/3min/4min/5min/4min/3min/2min –take half the time of the previous rep as recovery  Colquhoun Park At 10am	
14 January	2-3x3k with 3 mins recovery (10kpace) Anniesland Rd Meet at Garscube SC for warm up	Strength and Conditioning Course Scotstoun Sports Complex	7-8m Progression run 2m at 10k pace +30s, 2m at 10k pace +20s and 1m at 10k pace.  <b>Route: 23</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	
21 January	8-10x800m at 5k pace with 200m jog recovery in no more than 90 secs St Peter the Apostle Track	Strength and Conditioning Course Scotstoun Sports Complex	7-8m, 2x2mile with 0.34m recovery at 10k pace +10s <b>Route 16</b>	Cross Country Training Session for the National CC 3-5x 5min with 2min 30 jog recovery Colquhoun Park at 10am	

<b>Week beginning</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
28 January	1200/1000/800/ x2 (10k pace). 90 seconds after each rep and 3mins between sets Todd Campus Science Park Meet at Garscube SC for warm up	Strength and Conditioning Course Scotstoun Sports Complex	5-9m, 25mins out and back. GWR route.  <b>Route 20</b>	<b>NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS</b> <b>Club entry</b> Cross Country Training Session for the National CC at 10am 10mins, 5x3mins, 10mins Colquhoun Park	
4 February	3-5x1mile at 10-k pace with 90secs recovery Anniesland Rd. Meet at Garscube SC for warm up	Strength and Conditioning Course Scotstoun Sports Complex	7m Stepping Stone Session 1m at 10k pace, 1m at 10k pace plus 1min x 3 <b>Route 12</b>	GAA Endurance Cross Country Session – Up to 10x 4mins, recovery 2mins Tollcross Park at 10.30am. Start 10.30am sharp	
11 February	12-16 x 400m with 2min jog recovery (3k pace) St Peter the Apostle	Strength and Conditioning Course Scotstoun Sports Complex	7-8m, 3 x10 min at Half Marathon pace. 90s recovery between tempo sections. <b>Route 23</b>	Cross Country Training Session for the National CC 15x 350m hilly loop Dawsholm Park at 10am	Schools Cross Country Races - Volunteers required Maryhill Park 9-30
18 February	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 warm up	Strength and Conditioning Course Scotstoun Sports Complex	6-7m steady  <b>Route 3 (Alternative)</b>	<b>NATIONAL CC CHAMPIONSHIP - WINTER LEAGUE EVENT (INCORPORATING THE CLUB CC CHAMPIONSHIP- WINTER LEAGUE and HANDICAP EVENT)</b> Club Entry – target race	
25 February	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 warm up Winter warm up	Strength and Conditioning Course  Scotstoun Sports Complex	7m Stepping Stone Session 1m at 10k pace, 1m at 10k pace plus 1min x 3 Garscube Sports Complex <b>Route12</b>		
4 March	3k@10k pace 3mins jog; 2k@5k pace; 2mins jog; 1k@3k pace  Anniesland Rd. Meet at Garscube SC for warm up	Strength and Conditioning Course  Scotstoun Sports Complex	5-6m run with 2m tempo at half pace  Garscube Sports Complex  <b>Route 3</b>		<b>BALLOCH TO CLYDEBANK HALF MARATHON – WINTER LEAGUE EVENT – Age graded</b> Loch Lomond Shores/Clydebank

<b>Week beginning</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
11 March	5x1k@5k pace; 3mins recovery Switchback Rd Meet at Garscube SC for warm up	Strength and Conditioning Course Scotstoun Sports Complex	5-9m, 25mins out and back. GWR route. Garscube Sports Complex <b>Route 20</b>		
18 March	10x400m with 2mins (200m jog recovery (3k pace) Peter the Apostle Track	Strength and Conditioning Course Scotstoun Sports Complex	7-8m with 4m hilly tempo Garscube Sports Complex <b>Route 11</b>		<b>4/6 STAGE ROAD RELAY</b> TBC club entry – target race
25 March	6x600m with 2mins rest (5k pace) St Peter the Apostle Track	Strength and Conditioning Course Scotstoun Sports Complex	6/7m Pack run with optional 2 x1m at 10K pace +10s Garscube Sports Complex <b>Route 4</b>		

**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

**Tuesday Training 10km Pace Chart Target Times**

<b>Pack</b>	<b>Training Groups</b>	<b>10K Race time</b>	<b>400m Target Time</b>	<b>600m Target Time</b>	<b>800m Target Time</b>	<b>1km Target Time</b>	<b>1200m Target Time</b>	<b>1mile Target Time</b>	<b>2km Target Time</b>	<b>3km Target Time</b>
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