



Garscube Harriers Summer Training Sessions
29 March to 30 September 2018
Issue 3

Day	Session	Duration
Tuesday	Speed Endurance see plan for venues	29 March to 25 September
Thursday	Endurance/Tempo All sessions leave from Garscube Estate	31 March to 1 October
Saturday	Speed Track Sessions St Peter the Apostle Track Clydebank	7 April to June 4

Week beginning Monday	Tuesday	Thursday	Saturday	Sunday
26 March	6x600m with 2mins rest (5k pace) Todd campus	6/7m Pack run with optional 2 x 1m at 10K pace +10s <u>Route 4</u>		Tom Scott 10m Summer League Event 1 Strathclyde Park
2 April	6-8 x 1k at 10k pace with 90s jog recovery St Peter the Apostle Track	6-7m, 5k tempo at 10k pace +10s <u>Route 7</u>	6x400m with 5 mins recovery (1500m pace) Nethercraigs or Scotstoun	
9 April	3-5x2k at 10k pace with 3mins jog recovery Anniesland Rd. Meet at Garscube for warm-up optional	7/8m 5min tempo, 10min tempo, 15 min tempo with 90s recovery between tempo sessions 10k pace + 20s <u>Route 17</u>	8x300m at with (3mins) recovery (1500m pace) Nethercraigs or Scotstoun	
16 April	2m at half marathon pace; 5mins jog recovery; 4x1mile at 10k pace with 90s jog recovery Anniesland Rd. Meet at Garscube for warm-up optional	7-8m Stepping Stone Session 1m warm up, 1m at 10k pace, 1m at 10k pace +1min x 3 <u>Route 24</u>	Drumchapel Park Run 5k - Summer League Event 2	
23 April	5k Track Championships - Summer League Event 3 incorporated in DAA 5k championships St Peter the Apostle Track	6/8m Canal Out and Back 4 and 6m Out and back run on Canal, with 1m warm up and down. <u>Route 21</u>	2 x3 x500m with 1min between 500s and 10 mins between sets (1500m pace) Nethercraigs or Scotstoun	

Week beginning Monday	Tuesday	Thursday	Saturday	Sunday
30 April	2m tempo, 6x400m with 2min recovery; 1m tempo Anniesland Rd. Meet at Garscube for warm-up optional	6/7m with 5k tempo at 10k pace +20s <u>Route 2</u>	FRIDAY: Scottish 5k road race Championships Summer league Event 4 Silverknowes Edinburgh SATURDAY: 2sets of 4x200 with 30s between 200s and 10 -15 min between sets (800m pace) Nethercraigs or Scotstoun	
7 May	3-5 x 1k at 5k pace with 90s jog recovery (5k pace) St Peter the Apostle Track	Helensburgh 10k Summer league Event 5	West District Track Championships Ayrshire Athletics Arena	
14 May	6-8 x800m at 5k pace with 90s recovery St Peter the Apostle Track	Dumbarton 10k Summer league Event 6	6x400m with 400m jog recovery (800m pace) Nethercraigs or Scotstoun	
21 May	10x 600m at 5k pace with 2min jog recovery St Peter the Apostle Track	6-7m pack run Route 10 Sport Psychology seminar 8:30pm in meeting room	4-x600m with 5 min recovery (1500m pace) Nethercraigs or Scotstoun	Babcock Shettleston 10k – West District Championships Summer League Event 7/ Glasgow Green
28 May	6 x600m at 3k pace with 2mins recovery Todd campus	7-8m Progression run 2m at 10k pace +30s, 2m at 10k pace +20s and 1m at 10k pace Route 23 (summer)	Club West Highland Way Relay Run	

Week beginning Monday	Tuesday	Thursday	Saturday	Sunday
4 June	3k Junior/Senior Team Race Garscube estate	7/8m 4m Tempo at 10k pace +20s <u>Route 17</u>	4 sets of 4x150m with jog back recovery and 400m between sets Nethercraigs or Scotstoun	
11 June	5x1k at 5k pace with 90s recovery St Peter the Apostle Track	Kirkintilloch 10k - Summer League Event 8		
18 June	4x800m at 3k pace with 2mins jog recovery. 2 laps jog then 6x200 with 200 jog recovery St Peter the Apostle Track	Henderson Cup 10k Off road – Summer League Event 9 Venue TBC		
25 June	10-12x400m at 3k pace with 90s jog recovery Todd campus	7m Stepping Stone Session 1m warm up, 1m at 10k pace, 1m at 10k pace + 1min x 3 <u>Route 24</u>		
2 July	4-5x600m at 1500m pace with 3mins recovery Todd campus	7/8m with 3x10mins at 5mile pace. 90s recovery between tempo sections <u>Route 23 (summer)</u>		
9 July	12 x 300m at 3k pace with 1min, (100m) jog recovery St Peter the Apostle Track	Charlie Kilshaw 5m - Summer League Event 10 Milngavie Water Works. Meet Drumclog Car Park		
16 July	2 sets of 3x500m at 1500m pace with 1 min between 500s and 5-10 mins between sets St Peter of the Apostle trackTrack	6/7m pack run <u>Route 10</u>		

Week beginning Monday	Tuesday	Thursday	Saturday	Sunday
23 July	4 to 6 times (300m/300m jog/600m/600m jog) at 3k pace St Peter of the Apostle Track	7/8m with 4m hilly tempo at 10k pace +20s <u>Route 15</u>		
30 July	400/600/800/1k/800/600/400 at 5k pace with half the distance of the previous rep recovery St Peter of the Apostle Track	7/8m 5min tempo, 10min tempo, 15 min tempo with 90s recovery between tempo sessions. 10k pace + 10s <u>Route 17</u>		
6 August	Track Championships Events – 100m, 200m, 400m, 800m and 1500m St. Peters of the Apostle	7m run with 4m tempo at 10k +20s <u>Route 10</u>	National Track Championships (seniors/U17s)	
13 August	Garscube Gallop 7k trail Race Dawsholm Park	6/8m Canal Out and Back 25.5 min out & 24.5 min back negative split run on Canal, with 1m warm up and down. <u>Route 21</u>	Club Training Weekend, Kailzie Bunk House, nr Peebles National Under 20/under 15/ under 13 Track Championships	
20 August	8-10 x800m at 10k pace with 90s jog recovery St Peter or Anniesland depending on Junior track champs	7-8m Progression run 2m at 10k pace +30s, 2m at 10k pace +20s and 1m at 10k pace. <u>Route 23 (summer)</u>		
27 August	3-5 x1m at 10k pace with 2m30s jog recovery Anniesland Rd	7.5m, 2x2m 10k pace +10s 1.5m Warm up, 2x2m Tempo session with 0.36m recovery, 1.5m warm down. <u>Route 16</u>		
3 September	2miles at 10 mile pace, jog 5mins; 1mile at 10k pace, jog 3mins; 2x 800m at 5k pace Anniesland Rd	6/7m pack run with optional 2m tempo at 10m pace <u>Route 10</u>		Stirling 10K – Road Race

10 September	5-6x 1k with 90 s recovery Switchback	6.7m run with 5k tempo 10k pace +10s <u>Route 2</u>		Around Cumbrae 10m - Summer League Event 11
17 September	2miles @half marathon pace; 2mins recovery; 6x90s with 1 min recovery; 2mins recovery; 2miles @10k pace Anniesland Rd	7m Stepping Stone Session 1m warm up, 1m at half pace, 1m at half pace + 40s x 3 <u>Route 21</u>		Baxters Loch Ness Marathon
24 September	6-10x 600m with 200m jog recovery in 2mins (5k pace) St Peter the Apostle Track	5m with 2m half tempo 2m warm up, 2m half pace and 1m warm down <u>Route 1</u>		Glasgow Half Marathon – Summer League Event 12/ and Club Champs

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	10k + 10s	10k + 20s Half Pace	10k +60s Half Pace +40s	10k +90s	5m Pace
I	31 to 33	5.00 to 5-19	5-10 to 5-29	5-20 to 5-39	6-00 to 6-19	6-30 to 6-49	4-57 to 5-16
I	33 to 35	5-19 to 5-38	5-29 to 5-48	5-39 to 5-58	6-19 to 6-38	6-49 to 7-08	5-16 to 5-35
I	35 to 36	5-38 to 5-48	5-49 to 5-58	5-59 to 6-08	6-38 to 6-48	7-08 to 7-18	5-35 to 5-45
H	36 to 38	5-48 to 6-07	5-58 to 6-17	6-08 to 6-27	6-48 to 7-07	7-18 to 7-37	5-45 to 6-04
H	38 to 40	6-07 to 6-26	6-17 to 6-36	6-27 to 6-46	7-07 to 7-26	7-37 to 7-56	6-04 to 6-23
G	40 to 42	6-26 to 6-46	6-36 to 6-56	6-46 to 7-06	7-26 to 7-46	7-56 to 8-16	6-23 to 6-42
F	42 to 43	6-46 to 6-55	6-56 to 7-05	7-06 to 7-15	7-46 to 7-55	8-16 to 8-25	6-42 to 6-52
F	43 to 45	6-55 to 7-15	7-05 to 7-25	7-15 to 7-35	7-55 to 8-15	8-25 to 8-45	6-52 to 7-11
E	45 to 47	7-15 to 7-34	7-25 to 7-44	7-35 to 7-54	8-15 to 8-34	8-45 to 9-04	7-11 to 7-34
D	47 to 48	7-34 to 7-43	7-44 to 7-53	7-54 to 8-03	8-34 to 8-43	9-04 to 9-13	7-34 to 7-40
D	48 to 50	7-43 to 8-03	7-53 to 8-13	8-03 to 8-23	8-43 to 9-03	9-13 to 9-33	7-40 to 7-59
C	50 to 52	8-03 to 8-22	8-13 to 8-32	8-23 to 8-42	9-03 to 9-22	9-33 to 9-52	7-59 to 8-18
C	52 to 55	8-22 to 8-51	8-32 to 9-01	8-42 to 9-11	9-22 to 9-51	9-52 to 10-21	8-18 to 8-47
B	55 to 57	8-51 to 9-11	9-01 to 9-21	9-11 to 9-31	9-51 to 10-11	10-21 to 10-41	8-47 to 9-06
B	57 to 60	9-11 to 9-39	9-21 to 9-49	9-31 to 9-59	10-11 to 10-39	10-41 to 11-09	9-06 to 9-35
A	60 to 70	9-39 to 11-16	9-49 to 11-26	9-59 to 11-36	10-39 to 12-16	11-09 to 12-46	9-35 to 11-11

Tuesday Training Rep/Track 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 Rep/Track 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 10-15

Tuesday Rep/Track Training 3km Pace Chart Target Times

Packs	Training Groups	10K Race time	3K Race 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	8-30 to 9-02	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	9-02 to 9-35	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	9-35 to 9-52	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	9-52 to 10-25	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	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	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	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	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	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	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	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	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	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	1-30 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	1-33 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	1-38 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

Tuesday/Saturday Track Training 800m/1500m Pace Chart Target Times

Packs	Training Groups	10K Race time	200m T Time 800m pace	400m T Time 800m Pace	200m T Time 1500m pace	300m T Time 1500m Pace	400m T Time 1500m pace	600m T Time 1500m Pace	800m T Target 1500m Pace
I	1	31 to 33	0-29 to 0-31	0-58 to 1-01	0-32 to 0-34	0-48 to 0-51	1-03 to 1-07	1-35 to 1-41	2-07 to 2-15
I	1	33 to 35	0-31 to 0-33	1-01 to 1-05	0-34 to 0-36	0-51 to 0-54	1-07 to 1-12	1-41 to 1-48	2-15 to 2-23
I	1	35 to 36	0-33 to 0-34	1-05 to 1-07	0-36 to 0-37	0-54 to 0-55	1-12 to 1-14	1-48 to 1-51	2-23 to 2-28
H	2	36 to 38	0-34 to 0-36	1-07 to 1-11	0-37 to 0-39	0-55 to 0-58	1-14 to 1-18	1-51 to 1-57	2-28 to 2-35
H	2	38 to 40	0-36 to 0-37	1-11 to 1-14	0-39 to 0-41	0-58 to 1-02	1-18 to 1-22	1-57 to 2-03	2-35 to 2-44
G	2	40 to 42	0-37 to 0-39	1-14 to 1-18	0-41 to 0-43	1-02 to 1-05	1-22 to 1-26	2-03 to 2-09	2-44 to 2-52
F	3	42 to 43	0-39 to 0-40	1-18 to 1-20	0-43 to 0-44	1-05 to 1-06	1-26 to 1-28	2-09 to 2-12	2-52 to 2-57
F	3	43 to 45	0-40 to 0-42	1-20 to 1-24	0-44 to 0-46	1-06 to 1-09	1-28 to 1-32	2-12 to 2-18	2-57 to 3-04
E	3	45 to 47	0-42 to 0-44	1-24 to 1-28	0-46 to 0-48	1-09 to 1-12	1-32 to 1-37	2-18 to 2-25	3-04 to 3-13
D	4	47 to 48	0-44 to 0-45	1-28 to 1-30	0-48 to 0-49	1-12 to 1-14	1-37 to 1-38	2-25 to 2-28	3-13 to 3-17
D	4	48 to 50	0-45 to 0-47	1-30 to 1-33	0-49 to 0-51	1-14 to 1-17	1-38 to 1-43	2-28 to 2-34	3-17 to 3-25
C	4	50 to 52	0-47 to 0-48	1-33 to 1-36	0-51 to 0-53	1-17 to 1-20	1-43 to 1-46	2-34 to 2-40	3-25 to 3-33
C	4	52 to 55	0-48 to 0-51	1-36 to 1-42	0-53 to 0-56	1-20 to 1-24	1-46 to 1-53	2-40 to 2-49	3-33 to 3-45
B	5	55 to 57	0-51 to 0-53	1-42 to 1-46	0-56 to 0-58	1-24 to 1-27	1-53 to 1-57	2-49 to 2-55	3-45 to 3-53
B	5	57 to 60	0-53 to 0-56	1-46 to 1-52	0-58 to 1-01	1-27 to 1-32	1-57 to 2-03	2-55 to 3-04	3-53 to 4-05
A	5	60 to 70	0-56 to 1-05	1-52 to 2-10	1-01 to 1-12	1-32 to 1-47	2-03 to 2-23	3-04 to 3-35	4-05 to 4-47

