



12 Week Virtual Training Plan
15 June to 31 August 2020
Issue 2

Training Plan Notes

This virtual training plan is a 12 week plan divided into 3 sections with a timed goal at week 4, 8 and 12.

Section 1, Week 4 : Garscube virtual 5k timed run.

Section 2, Week 8: Garscube virtual 8k timed run.

Section 3, Week 12: Garscube virtual 10k timed run.

The sessions are aimed at a gradual progression such that the athlete is in good shape for each timed goal.

The Tuesday sessions have a progression of three repetition sessions (REPS) in each section. The fourth session is shorter interval session two days before the timed run. The repetition sessions are $\geq 800\text{m}$ and it is advised that they are conducted as a continuous run adhering to the specified recovery as a roll on (active recovery jog). This decision is open for the athlete to change depending on his/her environment.

The Thursday sessions are a series of distance or timed tempo runs at 10k+10s or 10k pace with recovery between each tempo section or an 'Out and Back' run simulating a goal pace negative split.

The Weekend runs are a series of long easy runs. The distance of each has been left to the athlete to decide and there are two optional fast finish durations in each section.

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.

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 should be adhered to for all sessions. Please ensure you are up to date with the latest government guidelines on social distancing and 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 during lockdown. The training will be unsupervised and therefore the coaches will not be risk assessing routes for you. These sessions are not being hosted as official club events and therefore you participate at your own risk.

Garscube 12 Week Lockdown Training Plan

| Week No | Week beginning | Tuesday | Thursday | Weekend |
|---------|---|---|---|--|
| Week 1 | 15 June | 6x800m 1.5m warm up. Continuous run: 6x800m@3k pace with 2min jog recovery. 1.5m warm down. | 6m with 5km Tempo 6-7m 1 warm up 5k tempo at 10k pace +10s 1.5m warm down | Long easy run. Distance of your choice. |
| Week 2 | 22 June | 5x1km 1.5m warm up Continuous run: 5 x 1k@5k pace with 90secs jog recovery. 1.5m warm down. | 7m Steppingstone Session 1/ 1m warm up 2/ 1m at 10k pace 3/ 1m at 10k pace +1min Repeat 2/ and 3/ a further twice (7 miles total distance) | Long easy run. Distance of your choice with optional last 15mins at a faster pace. |
| Week 3 | 29 June | 3 x 1mile 1m warm up Continuous run: 3x1m@5k pace; 3mins recovery. 1m warm down. | 6m with 4m Tempo 1m warm up 4m tempo at 10kpace +10s 1m warm down | Long easy run. Distance of your choice with optional last 15mins at a faster pace. |
| Week 4 | 06 July (5k Goal week) | 4-6 x 400m 1m warm up 4-6 x400m with 200m recovery jogs at 5km pace. 1m warm down | 6m - Garscube virtual 5k timed run 1.5m warm up 5km timed run 1.5m warm down | Long easy run. Distance of your choice. |

| Week No | Week Beginning | Tuesday | Thursday | Weekend |
|----------------|--------------------------------------|--|--|---|
| Week 5 | 13 July | 6-8x800m 1.5m warm up. Continuous run: 6-8x800m@5k pace with 2 min jog recovery. 1.5m warm down. | 6-8m Run with increasing 5min tempo 1m warm up 5min tempo, 10min tempo, 15 min tempo at 10k pace +10s with 90s recovery between each tempo session. 1m warm down | Long easy run. Distance of your choice. |
| Week 6 | 20 July | 6-8x1km 1.5m warm up Continuous run: 6-8 x 1k@10k pace with 90secs jog recovery. 1.5m warm down. | 6m with 4m Hilly Tempo 1m warm up 4m Hilly tempo at 10k pace +10s 1-mile warm down | Long easy run. Distance of your choice with optional last 15 mins at a faster pace. |
| Week 7 | 27 July | 3-4 x 1mile 1m warm up Continuous run: 3- 4x1m@10k pace; 3mins recovery. 1m warm down. | 7-8m with 3x10mins Tempo 1m warm up 3x10mins at 5m/8k pace with 90s recovery between tempo sections. 1m warm down | Long easy run. Distance of your choice with optional last 20 mins at a faster pace. |
| Week 8 | 03 August (8km Goal Week) | 4-6 x 400m 1m warm up 4-6 x400m with 200m recovery jogs at 5km pace. 1m warm Down | 7m run- Garscube Virtual 8km Timed Run. 1m warm up 8km timed run. 1m warm down | Long easy run. Distance of your choice. |

| Week No | Week beginning | Tuesday | Thursday | Weekend |
|----------|--------------------------------------|---|--|--|
| Week 9 | 10 August | 6-10x800m 1.5m warm up. Continuous run: 6-8x800m@5k pace with 2 min jog recovery. 1.5m warm down. | 6-9m - 50 mins Out and Back Negative split 1 m warm up 25min 30s out and 24mins 30s back 1m warm down Pace: 10k pace +15 to 20s out and 10k pace back approx. | Long easy run. Distance of your choice. |
| Week 10 | 17 August | 6-10x1km 1.5m warm up Continuous run: 6-10 x 1k@ 10k pace with 90secs jog recovery. 1.5m warm down. | 6.5m - 2x2m Tempo 1m warm up 2x2m at 10k pace +10s Tempo session with 0.5m recovery between 2m sections. 1m warm down | Long easy run. Distance of your choice with optional last 20mins at a faster pace. |
| Week 11 | 24 August | 3-5 x 1mile 1m warm up Continuous run: 3-5x1m@10k pace with 3mins recovery. 1m warm down. | 8 m with 6m Tempo 1m warm up 6m tempo at 10k pace +10s 1m warm down | Long easy run. Distance of your choice with optional last 25mins at a faster pace. |
| Week `12 | 31 August (10km Goal Week) | 4-6 x 400m 1m warm up 4-6 x400m with 200m recovery jogs at 5km pace. 1m warm Down | 8m run - Garscube Virtual 10km Timed Run 1m Warm Up 10km Time Run 1m Warm Down | Long easy run. Distance of your choice. |

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 | 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 | 0-50 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 | 0-52 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 | 0-57 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 | 0-59 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 |