



## **14 Week Summer Training Plan 28 June 2021 to 03 October 2021 Issue 1**

### **Training Plan Structure**

The training plan 14-week structure is aimed at getting the club back training together with athletes working off each other to get back to their best in anticipation of races returning through the summer. During the 14 weeks, the sessions will either be all face to face, all virtual training sessions or a mix of both sessions to suit the lifestyle of each athlete.

**Tuesday:** 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.

**Thursday:** Session 2 each week will be a variety of tempo runs, progression runs, steady 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.

Unfortunately, at the moment due to COVID restrictions we cannot programme in the Charlie Kilshaw 5m or the Henderson Cup

**Easy Session:** We recommend an easy session between Tuesday and Thursday sessions. (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 Tuesday/Session 1 warm up and cool down. The Thursday/ Session2 warm up and cool down are part of the session distance and will be advised on social media and by email. 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 the Tuesday/ Session1 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 the Thursday/Session 2 paces are advised - variations of 10k pace, half marathon pace, progression pace, steady 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. The tempo run can be specified in Distance, Timed or Hilly. Pace is typically 10-20s slower than your 10k pace. +20s is almost equivalent to your half marathon pace. The hilly tempo is harder to maintain pace but the athlete should work hard up the hills and get back on pace thereafter

**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.

**Out and back pace:** This pace is at the athlete discretion to achieve the aim of a 1 minute negative split and 40 mins.

**Steppingstone Pace:** The aim here is to run the first step at the specified pace and the second step down at the slower recovery pace and then step back up to specified pace, then repeat down recovery, back up at pace and finally back down. Hence stepping stones. The total training effect is approx 5k hard and 5k easier to recover. The pace will be either 10k or half marathon pace depending on the target race.

**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.

**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.

Week No	Week Beginning Monday	Tuesday/Session 1	Thursday/Session2	Weekend
1	<del>28 March</del> June	<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. Location: Maryhill track	<b>6.4m - Distance Tempo</b> 6.4m run with 5k tempo at 10k pace+10sec. Warm up and Cool down are included in session. <b>Route 4.</b>	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace.
2	05 July	<b>Mixed Distance Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 200m x 2, 400m x 2, 600m x2, 800m x1, 600m x 2, 400m x 2, 200m x 2 Recoveries 30secs after 200m, 60s after the 400m, 90secs after the 600m and 2 mins after the 800m. Cool down: 1 mile. Location: Maryhill track	<b>8m - Timed Tempo</b> 8m with 3x10mins at 10k pace +20s with 90s recovery between tempo sections Warm up and Cool down are included in session. <b>Route 23 (summer).</b>	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace.
3	12 July	<b>300m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 12-15 x 300m with 100m jog recovery. Cool down: 1.5 - 2 miles cool down. Location: Maryhill track	<b>7m - Hilly Tempo</b> 7m with 4m hilly tempo at 10k pace +20sec Warm up and Cool down are included in sessions. <b>Route 11.</b>	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace.
4	19 July	<b>800m Repetitions</b> Warm up: 1.5 - 2 miles incorporating strides. Session: 6-8 x 800m with 2 min recovery. Cool down: 1.5 miles. Location: Maryhill track	<b>6.2m - Pack run</b> 6.2m steady run. <b>Route 2.</b>	<b>Weekend Long Run</b> 1 - 1.5 hours long run at a comfortable conversational pace.
5	26 July	<b>200m Repetitions</b> Warm up: 1.5 - 2 miles incorporating strides. Session: 15-20 x 200m with 200m continuous jog recovery. Cool down: 2 miles. Location: Maryhill track	<b>7.5m - Timed Tempo</b> 7.5 m with 5min tempo, 10min tempo, 15 min tempo with 90s recovery between tempo sessions. Pace: 10k pace + 10 sec. Warm up and Cool down are included in session. <b>Route 17.</b>	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace.

Week No	Week Beginning Monday	Session 1	Session 2	Weekend Session
6	02 August	<b>1mile Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 3-4 x 1mile with a 2 mins recovery. Cool down: 1 miles. Location: Maryhill track	<b>7.5m - Distance Tempo</b> 2x2m Tempo session at 10k pace +10s with 0.36m recovery between each 2m tempo. Warm up and Cool down are included in session. <b>Route 16.</b>	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace.
7	9 August	<b>400m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 12 x 400m with a 60s recovery. Cool down: 2 miles. Location: Maryhill track	<b>40 min - Out and Back</b> 6-8m, 40 min Out and Back on canal 20.5 mins Out and 19.5 mins back Warm up and Cool down are included in session. <b>Route 22</b>	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace.
8	16 August	<b>600m Repetitions</b> Warm up: 1.5 - 2 miles incorporating strides. Session: 8 x 600m with 75 secs recovery. Cool down: 1.5 miles. Location: Maryhill track	<b>6.6m - Steady Run</b> 6.6m steady run with optional 15min at 10K pace +10s. <b>Route 7</b>	<b>Weekend Long Run</b> 1 – 1.5 hours long run at a comfortable conversational pace.
9	23 August	<b>1000m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 5 x 1000m with 90 secs recovery. Cool down: 1.5 miles. Location: Maryhill track	<b>7.5m - Progression run</b> 2m at 10k pace +30s, 2m at 10k pace +20s and 1m at 10k pace Warm up and Cool down are included in session. <b>Route 18</b>	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace.
10	30 August	<b>Relay Event</b> Details to be announced.	<b>7.5m - Distance Tempo</b> 7.5m run with 4m Tempo at 10k pace +10s. Warm up and Cool down are included in session. <b>Route 17</b>	<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 Sessions</b>
<b>11</b>	<b>06 September</b>	<b>Club 5k Championship</b> Details and Venue to be announced.	<b>40 min - Out and Back</b> 6-8m, 40 min Out and Back on canal. 20.5 mins Out and 19.5 mins back. Warm up and Cool down are included in session. <b>Route 21.</b>	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace.
<b>12</b>	<b>13 September</b>	<b>600m Repetitions</b> Warm up: 1.5 - 2 miles inc strides. Session: 8 x 600m with 90 secs recovery. Cool down: 1,5 miles. Location: TBC	<b>7.4m - Stepping Stone Session</b> 1m at half pace, 1m at half pace + 40s x 3. Warm up and Cool down are included in session. <b>Route 12</b>	<b>Weekend Long Run</b> 1 - 1.5 hours long run at a comfortable conversational pace.
<b>13</b>	<b>20 September</b>	<b>200m Repetitions</b> Warm up: 1.5 - 2 miles incorporating strides. Session: 15-20 x 200m with 200m continuous jog recovery. Cool down: 2 miles. Location: TBC	<b>8m - Progression run</b> 2m at 10k pace +30s, 2m at 10k pace +20s and 1m at 10k pace. Warm up and Cool down are included in session. <b>Route 23 winter.</b>	<b>Weekend Long Run</b> 1.5 - 2 hours long run at a comfortable conversational pace.
<b>14</b>	<b>27 September</b>	<b>800m Repetitions</b> Warm up: 1.5 - 2 miles incorporating strides. Session: 6 x 800m with 2 min recovery. Cool down: 1.5 miles. Location: TBC	<b>5.6m - Steady Run</b> 5.6m steady run with 2m tempo at half pace. Warm up and Cool down are included in session. <b>Route 1.</b>	<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

### Club Routes

- 01 - 5.6m - QMD to Esquire House
  - 02 - 6.2m - Canal/ Almond Road
  - 03 - 6.4m - Dorchester Ave/Bearsden Rd/Roman Rd
  - 04 - 6.4m - Archerhill Road/Danes Drive
  - 05 - 6.5m - Fulton St/Lincoln Ave/Danes Dr /Balshagray Rd/ Anniesland Rd
  - 06 - 6.6m - Crow Road/GWR/QMD
  - 07 - 6.6m - QMD/Clarence Drive /Anniesland Cross
  - 08 - 6.6m - Crow Road/Hyndland Road /QMD
  - 09 - 6.6m - Fulton St/Lincoln Ave/Kelso St/ Anniesland Rd
  - 10 - 6.7m - Canal/QMD/Kelvin Walkway
  - 11 - 7m - Drymen Rd, Stockiemuir Rd/ Boclair Rd, Rannoch Dr
  - 12 - 7.4m - Drumchapel/ Alderman Road
  - 13 - 7.4m - Westland Drive/Crow Road/ Hyndland Road/Clevedon Road
  - 14 - 7.5m - Dorchester Ave/Hyndland Road/ Anniesland Road
  - 15 - 7.5m - Rannoch Drive/Stockiemuir Ave
  - 16 - 7.5m - Crow Road/ Southbrae Ave
  - 17 - 7.5m - Canal/Kelvin Walkway/GWR
  - 18 - 7.5m - Milngavie Rd/Glasgow Rd/Mosshead Rd/Stockiemuir Rd/Ave/Maryhill Rd
  - 19 - 7.5m - QMD/Hyndland Rd Anniesland Cross/Switchback Rd/ Braemar/Maryhill Rd
  - 20 - 25mins Out and Back - GWR
  - 21 - 6-8m Out and Back Canal run - Westerton 2m/Blairdardie 3m
  - 22 - 25mins Out and Back on Canal - Lock 27 to Clydebank
  - 23 - 8m - GWR/Canal/Dawsholm Road
  - 23 - 8m - Crow Rd / Hyndland / Clevedon Rd / Maryhill Rd  
(Winter)
  - 24 - 8.1m - Milngavie Rd/Glasgow Rd/Mosshead Rd/Stockiemuir/Switchback Rd
  - 25 - 8.4m - Milngavie Rd/Glasgow Rd/Mosshead Rd/Stockiemuir/Switchback Rd
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