



**Garscube Harriers Winter Training Sessions**  
**04 October 2021 to 03 April 2022**  
**Issue 2 Athlete Version**

<b>Day</b>	<b>Session</b>	<b>Duration</b>
Tuesday	Speed Endurance	05 October 2021 to 29 March 2022
Thursday	Endurance/Tempo	07 October 2021 to 31 March 2022
Saturday	Cross Country Training	13 November 2021 to 19 February 2022

## Notes on the Training Sessions

We have produced a 6month schedule to help you look ahead to key races, including the Winter League competition. All sessions are subject to change so please keep an eye out for the weekly emails and Facebook posts for the most up-to-date information.

- On Tuesdays there are speed endurance sessions usually involving intervals, to help you develop the pace you need to run a specific time. Training locations in training plan or TBA that will be posted on social media the week of the session.  
1/ Training Location: Garscube Sports Complex, West of Scotland Science Park, Maryhill Road, Glasgow G20 0SP.  
Session Timings: Group warm up 7pm & session starts 7:25pm prompt.  
  
2/ Training Location: St Peter the Apostle Track, Kirkoswald Drive, Clydebank, £3 fee - Fee under review.  
Session Timings: Athlete should arrive warmed up or warm up at the track. The track session will start prompt at 7.25pm.
- On Thursdays there are tempo sessions of various lengths to help you develop your running economy.  
Training Location: Garscube Sports Complex, West of Scotland Science Park, Maryhill Road, Glasgow G20 0SP.  
Session Timings: Groups go out from 7pm (A-C), Session announcements 7:10pm, then D-I at 1 min intervals.
- On Saturdays there are Cross Country sessions to prepare for the Scottish National Cross Country Championships are during October 2021 to February 2022.  
Training Location: See session plan or TBA.  
Session Timing: Athletes should be warmed up to start at 9.30 am prompt.

The Winter league and major races are highlighted. We do want to do well in the main championship races over the winter and your team captains will be encouraging you to enter these. The training sessions prior to these key events will be slightly easier to ensure everyone is fresh on the day. The club will be paying entries for these races, so if you are doing these RESPECT YOURSELF, RESPECT EACH OTHER, RESPECT THE SPORT and turn up ready to perform.

We hope you enjoy the sessions.

THE COACHING TEAM

<b>Week beginning</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Weekend</b>
<b>04 October</b>	1x1m @ 5K pace; 2mins recovery then 6x400m @3k pace with 200m jog recovery; 2mins recovery after last 400m then 1x1m @5k pace. Venue: Anniesland Rd, bus shelter across from funeral directors. Meet at Garscube SC for warm up, leaving 7pm	6.4m steady pack run with optional 2x1m tempo sections. Venue: Garscube SC. <b>Route 3</b>	<b>Saturday:</b> <b>WEST DISTRICT CC RELAY - club entry</b> <b>Winter League Event 1</b> <b>Alexander Park Glasgow</b>
<b>11 October</b>	20x200m @5k pace with 200m recovery. Venue: Acre Road. Meet at Garscube SC for warm up	6.4m with 5k tempo at 10k pace +20s. Venue: Garscube SC. <b>Route 4</b>	Saturday GAA Cross Country session - Venue: Bellahouston Park (pitch and putt) 6-8x3mins with 90 sec recovery.
<b>18 October</b>	3x1mile@5k pace with 90s to 120s recovery based on packs. Venue: Anniesland Rd, bus shelter across from funeral directors. Meet at Garscube SC for warm up, leaving 7pm	6.7m run with optional 15min tempo section Venue: Garscube SC <b>Route 7</b>	<b>Saturday:</b> <b>National XC relays in Scone Palace, Perth. Club entry.</b> <b>Winter League Event 2.</b>
<b>25 October</b>	1mile @ 10k pace, 2mins recovery; 2x800m@5k pace with 90secs recovery; 4x400m as fast as you can with 60s recovery. Venue: Anniesland Rd, bus shelter across from funeral directors Meet at Garscube SC for warm up, leaving 7pm	7m with 4m hilly tempo. Venue: Garscube SC. <b>Route 11</b>	Saturday - Day off to recover from racing most weekends.
<b>01 November</b>	6-8x800m @5k pace with 90s to 120s recovery based on packs. Venue: Winter Warm Up. Meet at Garscube SC	6.4 miles with optional 10 min tempo Venue: Garscube SC. <b>Route 3</b>	<b>Saturday</b> <b>Scottish Short Course XC</b> <b>Lanark Race Course - Club entry.</b> <b>Winter League Event 3.</b>

<b>Week beginning</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Weekend</b>
<b>08 November</b>	4-5 x 1k with 2mins recovery. Venue: Switchback Rd. Meet at Garscube SC for warm up	5-9m, 20 mins out and back. GWR route. Venue: Garscube SC for warm up <b>Route 20</b>	Saturday GAA Cross Country session. Venue: Tollcross Park - Meet at Park Run finish 4-8x4mins with 2 min recovery
<b>15 November</b>	4-5 x1200m@5k pace with 2 min recovery. Venue: Todd Campus. Meet at Garscube SC for warm up	7.5m with 4m tempo Venue: Garscube SC <b>Route 14</b>	<b>Sunday</b> <b>Brampton to Carlisle Road Race.</b> <b>Winter League Event 4.</b>
<b>22 November</b>	3-4 x2k @10k pace with 2min recovery. Venue: Anniesland Rd, bus shelter across from funeral directors. Meet at Garscube SC for warm up, leaving 7pm.	6.4m steady with 5k tempo. Venue: Garscube SC. <b>Route 4</b>	<b>Saturday</b> <b>Dunbartonshire XC Championship.</b> <b>Balloch Castle Country Park. Club entry</b> <b>Winter League Event 5.</b>
<b>29 November</b>	8-10x600m@5k pace with 90 sec jog recovery. Venue: Todd Campus. Meet at Garscube SC for warm up	6.4m with optional 10 min tempo. Venue: Garscube SC. <b>Route 3</b>	<b>Saturday:</b> <b>West District XC Championships.</b> <b>Maryhill Park. Club entry</b> <b>Winter League Event 6 and McCAA Cup</b> <b>Handicap Event.</b>  <b>Selection race for the Inter-District Championship</b> <b>in January.</b>
<b>06 December</b>	1mile/1200/800/600/400 with half distance jog recovery (e.g. 800 after 1600m). 10k-3k pace and 400 fast. Venue: Anniesland Rd, bus shelter across from funeral directors. Meet at Garscube SC for warm up, leaving 7pm.	7-8m, 2x2mile with 0.34m recovery at 10k pace +10s. Venue: Garscube SC. <b>Route16</b>	<b>Saturday</b> <b>Club Christmas Ceilidh.</b>  <b>Sunday</b> <b>Santa Dash.</b>

<b>Week beginning</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Weekend</b>
<b>13 December</b>	6-8 x 3mins @5k pace with 2 mins recovery. Venue: Switchback Road. Meet at Garscube for warm-up.	5-9m, 25mins out and back. GWR route. Venue: Garscube SC for warm up. <b>Route 20</b>	Saturday: GAA Cross Country Session. Venue: Pollok Park (Nether Pollok playing fields). 5-10 min tempo; 1 min recovery; 10 x 1 min with 1 min recovery; 5-10 min tempo.
<b>20 December</b>	2m warm up, 20mins of 1min fast/1min steady/2m warm down. Venue: Garscube SC (winter warm up).	6.4m progression run -2m steady, 2miles at half marathon pace, 2miles fast. Venue: Garscube SC <b>Route 4</b>	Christmas Holiday weekend.
<b>27 December</b>	Holiday No Garscube Harriers Training.  GAA Cross Country session - Bellahouston Park (pitch and putt) 6-10x3mins with 90 sec recovery.	Holiday No Garscube Harriers Training.	New Year Holiday weekend.
<b>03 January</b> Indoor 3000m Championship at the Emirates stadium. Athlete to enter and pay.	Holiday No Garscube Harriers Training.	Holiday No Garscube Harriers Training.	Saturday: GAA Cross Country Session. Venue: Pollok Park (Nether Pollok playing fields). 5-10 tempo; 1 min recovery; 10 x 1 min with 1 min recovery; 5-10 min tempo.
<b>10 January</b>	4-5x1200 @10k pace with 2 mins recovery. Venue: Anniesland Rd, bus shelter across from funeral directors Meet at Garscube SC for warm up, leaving 7pm	7.5m; 5 min, 10 min and 15 min tempo. Pace 10k +10s. 2mins recovery between tempo sessions. Venue: Garscube SC <b>Route 14</b>	Saturday Cross Country Training Session 2min/3min/4min/5min/4min/3min/2min –take half the time of the previous rep as recovery Venue TBA at 9:30am

<b>Week beginning</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Weekend</b>
<b>17 January</b>	2-3x3k@10k pace with 3 mins recovery. Venue: Anniesland Rd, bus shelter across from funeral directors. Meet at Garscube SC for warm up, leaving 7pm.	7.5m Progression run 2m at 10k pace +30s, 2m at 10k pace +20s and 1m at 10k pace. Venue: Garscube SC <b>Route: 18</b>	Saturday: Garscube Harriers XC Training session. 3-5x 5min with 2min 30 recovery. Colquhoun Park at 9:30am.
<b>24 January</b>	6-8x800m at 5k pace with 200m recovery in no more than 90 secs. Venue: Anniesland Rd, bus shelter across from funeral directors. Meet at Garscube SC for warm up, leaving 7pm.	5-9m 25mins out and back. GWR route. <b>Route 20</b>	Saturday Garscube Cross Country Training Session. 2min/3min/4min/5min x2 with 2 mins recovery after each rep. Colquhoun Park at 9:30am.
<b>31 January</b>	1200/1000/800/ x2 @ 10k pace. 90 seconds after each rep and 3mins between Venue: Acre Road Meet at Garscube SC for warm up.	6.4m steady with 5k tempo. Venue: Garscube SC. <b>Route 4</b>	<b>Saturday</b> <b>National Masters XC Championships</b> <b>Balgownie Playing Fields</b> <b>It is only open to athletes over the age of 40.</b>  Saturday Garscube Cross Country Training Session 10mins, 5x3mins, 10mins Colquhoun Park at 9:30am
<b>07 February</b>	5 x1k at 10k pace with 90s recovery. Venue: St Peter the Apostle Track.	7.4m Stepping Stone Session 1m at 10k pace, 1m at 10k pace plus 1min x 3. <b>Route 12</b>	Saturday GAA Cross Country Session Venue: Tollcross Park - Meet at park run finish 6-10 x 4 min with 2 min recovery
<b>14 February</b>	12-16 x 400m@3k pace with 400m jog recovery. Venue: Ballater Drive/Balmoral Drive. Meet at Garscube SC for warm up.	6.5m with 3m tempo at 10k pace +20s min mile or +12s min km. Venue: Garscube SC <b>Route 6 modified</b>	Saturday Garscube Cross Country Training Session Session: 10min Tempo, 10x1min efforts, 10min Tempo. Venue Colquhoun Park at 9:30am.

<b>Week beginning</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Weekend</b>
<b>21 February</b>	2x800m @5k pace with 90secs recovery; 4x400m as fast as you can with 1 min recovery Venue: TBA	6-7m easy pace Pace: 10k pace +50-90s min mile or 31-56 min km <b>Route 3</b>	<b>Saturday</b> <b>Scottish XC Championship - Club Championship</b> <b>Callander Park, Falkirk - club entry</b> <b>Winter League Event 7 and Handicap Event.</b>
<b>28 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 you feel to finish. Venue:	6.6m steady with optional 5k tempo at 10k pace +10s min mile or +6s min km. Venue: Garscube SC <b>Route 9</b>	<b>Saturday</b> <b>Allan Scally Relay. 4x5km Team event</b> <b>Glasgow Green.</b>
<b>07 March</b>	15x200m at 5k pace with 200m jog recovery. Venue: TBA	7-8m, 2x2mile with 0.34m recovery at 10k pace +10s or +6s min km. Venue: Garscube SC <b>Route 16</b>	
<b>14 March</b>	5x1k@5k pace; 3mins recovery. Venue: TBA	7m with 4m hilly tempo. Pace: Perceived effort where pace should feel comfortably hard. Venue: Garscube SC. <b>Route 11</b>	

Week beginning	Tuesday	Thursday	Weekend
21 March	20x200m @5k pace with 200m jog recovery. Venue: TBA.	6.5m with optional 15 min tempo at 10k pace+20s min mile or +12s min km. Venue: Garscube SC <b>Route 6 modified</b>	<b>Saturday Morning</b> <b>BIG Springburn Park run</b>  <b>Saturday Afternoon</b> <b>National 6/4 Stage Road Relay Championships</b> <b>Livingston.</b>
28 March	6x600m @3k pace with 200m jog recovery. Venue: TBA.	6.4m with optional 10 min tempo at 10k pace+10s min mile or +6s min km.. Venue: Garscube SC. <b>Route 3</b>	<b>Sunday: TOM SCOTT 10M</b> <b>STRATHCLYDE PARK</b> <b>SUMMER LEAGUE Event 1</b> <b>National and West District 10m Championship</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 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	8-10 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 7-17
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

## 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/Cleveden 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 / Cleveden 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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