

**Eastside Runners**

**Wednesday, October 4, 2023**

**Workout starts at 6PM, Arrive earlier to warm up**

**1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)**

**Workout**

**5 X 800 at 5K Pace; followed by 5 X 200 slightly faster**

**Recovery = 3 min rest after each 800; 45-60 sec rest after each 200**

**Less experienced runners may want to cut back the workout (e.g. 3 X 800 and 3 X 200 at same paces and same recovery)**

**This is a 5K pacing workout - stick to goal times.**

Group #	Current Race Times				Workout Pace		
	5K	10K	Half-Marathon	Marathon	800	800 (Per Lap)	200
1	14:00	29:20	1:05:06	2:16:46	2:14	1:07	0:31
2	15:00	31:27	1:09:54	2:26:59	2:24	1:12	0:34
3	16:00	33:35	1:14:43	2:37:15	2:33	1:16	0:36
4	17:00	35:43	1:19:33	2:47:35	2:43	1:21	0:38
5	18:00	37:52	1:24:24	2:57:59	2:52	1:26	0:41
6	19:00	40:01	1:29:17	3:08:27	3:02	1:31	0:43
7	20:00	42:09	1:34:10	3:18:59	3:12	1:36	0:46
8	21:00	44:19	1:39:05	3:29:35	3:21	1:40	0:48
9	22:00	46:28	1:44:02	3:40:14	3:31	1:45	0:50
10	23:00	48:38	1:48:59	3:50:58	3:40	1:50	0:53
11	24:00	50:48	1:53:58	4:01:45	3:50	1:55	0:55
12	25:00	52:58	1:58:57	4:12:37	4:00	2:00	0:58
13	26:00	55:09	2:03:59	4:23:33	4:09	2:04	1:00
14	27:00	57:19	2:09:01	4:34:32	4:19	2:09	1:02
15	28:00	59:30	2:14:05	4:45:36	4:28	2:14	1:05
16	29:00	1:01:42	2:19:10	4:56:45	4:38	2:19	1:07
17	30:00	1:03:53	2:24:16	5:07:57	4:48	2:24	1:10
18	31:00	1:06:05	2:29:24	5:19:14	4:57	2:28	1:12
19	32:00	1:08:17	2:34:33	5:30:35	5:07	2:33	1:14