

Eastside Runners

Wednesday, October 18, 2023

Workout starts at 6PM, Arrive earlier to warm up

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

Workout Option 1:

2 sets of 400-400-800

Recovery = Jog 400 after hard 400, jog 800 after hard 800

Group #	Current Race Times				Workout Pace	
	5K	10K	Half-Marathon	Marathon	400	800
1	14:00	29:20	1:05:06	2:16:46	1:01	2:08
2	15:00	31:27	1:09:54	2:26:59	1:05	2:17
3	16:00	33:35	1:14:43	2:37:15	1:10	2:27
4	17:00	35:43	1:19:33	2:47:35	1:14	2:35
5	18:00	37:52	1:24:24	2:57:59	1:19	2:46
6	19:00	40:01	1:29:17	3:08:27	1:23	2:54
7	20:00	42:09	1:34:10	3:18:59	1:28	3:05
8	21:00	44:19	1:39:05	3:29:35	1:32	3:13
9	22:00	46:28	1:44:02	3:40:14	1:37	3:24
10	23:00	48:38	1:48:59	3:50:58	1:41	3:32
11	24:00	50:48	1:53:58	4:01:45	1:46	3:43
12	25:00	52:58	1:58:57	4:12:37	1:50	3:51
13	26:00	55:09	2:03:59	4:23:33	1:55	4:02
14	27:00	57:19	2:09:01	4:34:32	1:59	4:10
15	28:00	59:30	2:14:05	4:45:36	2:03	4:18
16	29:00	1:01:42	2:19:10	4:56:45	2:08	4:29
17	30:00	1:03:53	2:24:16	5:07:57	2:12	4:37
18	31:00	1:06:05	2:29:24	5:19:14	2:17	4:48
19	32:00	1:08:17	2:34:33	5:30:35	2:21	4:56

Workout Option 2 :

4.5 Mile Tempo Run (each 1.5 miles is 8 seconds per mile faster)

**** Groups 11-14 - Workout is 3.75 miles total (1.25 miles at each pace)**

**** Groups 15-19 - Workout is 3 miles total (1 mile at each pace)**

Group #	Current Race Times				Workout Pace					
	5K	10K	Half-Marathon	Marathon	1st 1.5 miles (per mile)	1st 1.5 miles (per lap)	2nd 1.5 miles (per mile)	2nd 1.5 miles (per lap)	3rd 1.5 miles (per mile)	3rd 1.5 miles (per lap)
1	14:00	29:20	1:05:06	2:16:46	5:09	1:17	5:01	1:15	4:53	1:13
2	15:00	31:27	1:09:54	2:26:59	5:29	1:22	5:21	1:20	5:13	1:18
3	16:00	33:35	1:14:43	2:37:15	5:48	1:27	5:40	1:25	5:32	1:23
4	17:00	35:43	1:19:33	2:47:35	6:08	1:32	6:00	1:30	5:52	1:28
5	18:00	37:52	1:24:24	2:57:59	6:28	1:37	6:20	1:35	6:12	1:33
6	19:00	40:01	1:29:17	3:08:27	6:47	1:41	6:39	1:39	6:31	1:37
7	20:00	42:09	1:34:10	3:18:59	7:07	1:46	6:59	1:44	6:51	1:42
8	21:00	44:19	1:39:05	3:29:35	7:26	1:51	7:18	1:49	7:10	1:47
9	22:00	46:28	1:44:02	3:40:14	7:46	1:56	7:38	1:54	7:30	1:52
10	23:00	48:38	1:48:59	3:50:58	8:06	2:01	7:58	1:59	7:50	1:57
11	24:00	50:48	1:53:58	4:01:45	8:25	2:06	8:17	2:04	8:09	2:02
12	25:00	52:58	1:58:57	4:12:37	8:45	2:11	8:37	2:09	8:29	2:07
13	26:00	55:09	2:03:59	4:23:33	9:04	2:16	8:56	2:14	8:48	2:12
14	27:00	57:19	2:09:01	4:34:32	9:24	2:21	9:16	2:19	9:08	2:17
15	28:00	59:30	2:14:05	4:45:36	9:43	2:25	9:35	2:23	9:27	2:21
16	29:00	1:01:42	2:19:10	4:56:45	10:03	2:30	9:55	2:28	9:47	2:26
17	30:00	1:03:53	2:24:16	5:07:57	10:22	2:35	10:14	2:33	10:06	2:31
18	31:00	1:06:05	2:29:24	5:19:14	10:41	2:40	10:33	2:38	10:25	2:36
19	32:00	1:08:17	2:34:33	5:30:35	11:00	2:45	10:52	2:43	10:44	2:41