

## Eastside Runners

Wednesday, November 1, 2023

Workout starts at 6PM, Arrive earlier to warm up

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

### Workout:

3 X 2000 Meters (5 laps).

Recovery = 1 or 2 min. rest between each

Some runners may opt for 2 X 2000.

Group #	Current Race Times				Workout Pace	
	5K	10K	Half-Marathon	Marathon	2,000 Meters	Per Lap
1	14:00	29:20	1:05:06	2:16:46	6:06	1:13
2	15:00	31:27	1:09:54	2:26:59	6:31	1:18
3	16:00	33:35	1:14:43	2:37:15	6:55	1:23
4	17:00	35:43	1:19:33	2:47:35	7:20	1:28
5	18:00	37:52	1:24:24	2:57:59	7:45	1:33
6	19:00	40:01	1:29:17	3:08:27	8:08	1:37
7	20:00	42:09	1:34:10	3:18:59	8:33	1:42
8	21:00	44:19	1:39:05	3:29:35	8:57	1:47
9	22:00	46:28	1:44:02	3:40:14	9:22	1:52
10	23:00	48:38	1:48:59	3:50:58	9:47	1:57
11	24:00	50:48	1:53:58	4:01:45	10:11	2:02
12	25:00	52:58	1:58:57	4:12:37	10:36	2:07
13	26:00	55:09	2:03:59	4:23:33	11:00	2:12
14	27:00	57:19	2:09:01	4:34:32	11:25	2:17
15	28:00	59:30	2:14:05	4:45:36	11:48	2:21
16	29:00	1:01:42	2:19:10	4:56:45	12:13	2:26
17	30:00	1:03:53	2:24:16	5:07:57	12:37	2:31
18	31:00	1:06:05	2:29:24	5:19:14	13:01	2:36
19	32:00	1:08:17	2:34:33	5:30:35	13:25	2:41