

Eastside Runners Track Workout

Wednesday, November 8, 2023

Workout starts at 6PM, Arrive earlier to warm up

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

Workout Option 1:

2 X 200, 6 X 400, 2 X 200

Recovery = Jog 200 after each hard 200, jog 400 after each hard 400

Group #	Current Race Times				Workout Pace	
	5K	10K	Half-Marathon	Marathon	200	400
1	14:00	29:20	1:05:06	2:16:46	:29	1:01
2	15:00	31:27	1:09:54	2:26:59	:31	1:05
3	16:00	33:35	1:14:43	2:37:15	:33	1:10
4	17:00	35:43	1:19:33	2:47:35	:35	1:14
5	18:00	37:52	1:24:24	2:57:59	:38	1:19
6	19:00	40:01	1:29:17	3:08:27	:40	1:23
7	20:00	42:09	1:34:10	3:18:59	:42	1:28
8	21:00	44:19	1:39:05	3:29:35	:44	1:32
9	22:00	46:28	1:44:02	3:40:14	:46	1:37
10	23:00	48:38	1:48:59	3:50:58	:48	1:41
11	24:00	50:48	1:53:58	4:01:45	:50	1:46
12	25:00	52:58	1:58:57	4:12:37	:52	1:50
13	26:00	55:09	2:03:59	4:23:33	:55	1:55
14	27:00	57:19	2:09:01	4:34:32	:57	1:59
15	28:00	59:30	2:14:05	4:45:36	:59	2:03
16	29:00	1:01:42	2:19:10	4:56:45	1:01	2:08
17	30:00	1:03:53	2:24:16	5:07:57	1:03	2:12
18	31:00	1:06:05	2:29:24	5:19:14	1:05	2:17
19	32:00	1:08:17	2:34:33	5:30:35	1:10	2:21

Workout Option 2:

16 minutes at Tempo pace, 3 minutes rest, 10 minutes at Tempo pace

Group #	Current Race Times				Workout Pace			
	5K	10K	Half-Marathon	Marathon	Per Mile (1600)	Per Lap	minutes	minutes
1	14:00	29:20	1:05:06	2:16:46	4:53	1:13	3.3	2.0
2	15:00	31:27	1:09:54	2:26:59	5:13	1:18	3.1	1.9
3	16:00	33:35	1:14:43	2:37:15	5:32	1:23	2.9	1.8
4	17:00	35:43	1:19:33	2:47:35	5:52	1:28	2.7	1.7
5	18:00	37:52	1:24:24	2:57:59	6:12	1:33	2.6	1.6
6	19:00	40:01	1:29:17	3:08:27	6:31	1:37	2.5	1.5
7	20:00	42:09	1:34:10	3:18:59	6:51	1:42	2.3	1.5
8	21:00	44:19	1:39:05	3:29:35	7:10	1:47	2.2	1.4
9	22:00	46:28	1:44:02	3:40:14	7:30	1:52	2.1	1.3
10	23:00	48:38	1:48:59	3:50:58	7:50	1:57	2.0	1.3
11	24:00	50:48	1:53:58	4:01:45	8:09	2:02	2.0	1.2
12	25:00	52:58	1:58:57	4:12:37	8:29	2:07	1.9	1.2
13	26:00	55:09	2:03:59	4:23:33	8:48	2:12	1.8	1.1
14	27:00	57:19	2:09:01	4:34:32	9:08	2:17	1.8	1.1
15	28:00	59:30	2:14:05	4:45:36	9:27	2:21	1.7	1.1
16	29:00	1:01:42	2:19:10	4:56:45	9:47	2:26	1.6	1.0
17	30:00	1:03:53	2:24:16	5:07:57	10:06	2:31	1.6	1.0
18	31:00	1:06:05	2:29:24	5:19:14	10:25	2:36	1.5	1.0
19	32:00	1:08:17	2:34:33	5:30:35	10:44	2:41	1.5	0.9