

Eastside Runners		Interval					
Wednesday, November 15, 2023							
Workout starts at 6PM, Arrive earlier to warm up							
1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)							
Workout							
3 X 800, 4 X 400							
Recovery = Jog 600 after each hard 800; Jog 400 after each hard 400							
Current Race Times					Workout Pace		
Group #	<u>5K</u>	<u>10K</u>	<u>Half-Marathon</u>	<u>Marathon</u>	<u>800</u>	<u>400</u>	
1	14:00	29:20	1:05:06	2:16:46	2:13	1:01	
2	15:00	31:27	1:09:54	2:26:59	2:22	1:05	
3	16:00	33:35	1:14:43	2:37:15	2:31	1:10	
4	17:00	35:43	1:19:33	2:47:35	2:39	1:14	
5	18:00	37:52	1:24:24	2:57:59	2:48	1:19	
6	19:00	40:01	1:29:17	3:08:27	2:57	1:23	
7	20:00	42:09	1:34:10	3:18:59	3:06	1:28	
8	21:00	44:19	1:39:05	3:29:35	3:15	1:32	
9	22:00	46:28	1:44:02	3:40:14	3:24	1:37	
10	23:00	48:38	1:48:59	3:50:58	3:33	1:41	
11	24:00	50:48	1:53:58	4:01:45	3:42	1:46	
12	25:00	52:58	1:58:57	4:12:37	3:50	1:50	
13	26:00	55:09	2:03:59	4:23:33	3:59	1:55	
14	27:00	57:19	2:09:01	4:34:32	4:08	1:59	
15	28:00	59:30	2:14:05	4:45:36	4:17	2:03	
16	29:00	1:01:42	2:19:10	4:56:45	4:25	2:08	
17	30:00	1:03:53	2:24:16	5:07:57	4:34	2:12	
18	31:00	1:06:05	2:29:24	5:19:14	4:43	2:17	
19	32:00	1:08:17	2:34:33	5:30:35	4:52	2:21	