

Eastside Runners		Interval							
Wednesday, December 6, 2023									
Workout starts at 6PM, Arrive earlier to warm up									
1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)									
Workout:									
2 X 2000 Meters at 8K goal pace followed by 2 X 400 Meters									
Recovery = 3 minute easy jog after 1st 2K, 5 minute easy jog after 2nd 2K; 400 jog between 400s									
	Current Race Times					Workout Pace			
Group #	5K	10K	Half-Marathon	Marathon		2000	2K per mile (1600)	2K per lap (400)	2 X 400
1	14:00	29:20	1:05:06	2:16:46		5:46	4:37	1:09	1:01
2	15:00	31:27	1:09:54	2:26:59		6:11	4:57	1:14	1:05
3	16:00	33:35	1:14:43	2:37:15		6:36	5:17	1:19	1:10
4	17:00	35:43	1:19:33	2:47:35		7:01	5:37	1:24	1:14
5	18:00	37:52	1:24:24	2:57:59		7:26	5:57	1:29	1:19
6	19:00	40:01	1:29:17	3:08:27		7:52	6:17	1:34	1:23
7	20:00	42:09	1:34:10	3:18:59		8:17	6:37	1:39	1:28
8	21:00	44:19	1:39:05	3:29:35		8:42	6:57	1:44	1:32
9	22:00	46:28	1:44:02	3:40:14		9:07	7:18	1:49	1:37
10	23:00	48:38	1:48:59	3:50:58		9:33	7:38	1:54	1:41
11	24:00	50:48	1:53:58	4:01:45		9:58	7:58	1:59	1:46
12	25:00	52:58	1:58:57	4:12:37		10:23	8:18	2:04	1:50
13	26:00	55:09	2:03:59	4:23:33		10:49	8:39	2:09	1:55
14	27:00	57:19	2:09:01	4:34:32		11:14	8:59	2:14	1:59
15	28:00	59:30	2:14:05	4:45:36		11:39	9:19	2:19	2:03
16	29:00	1:01:42	2:19:10	4:56:45		12:05	9:40	2:25	2:08
17	30:00	1:03:53	2:24:16	5:07:57		12:31	10:00	2:30	2:12
18	31:00	1:06:05	2:29:24	5:19:14		12:56	10:21	2:35	2:17
19	32:00	1:08:17	2:34:33	5:30:35		13:22	10:41	2:40	2:21