

Eastside Runners Reps

Wednesday, December 20, 2023

Workout starts at 6PM, Arrive earlier to warm up

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

Workout Option 1: Reverse of 9/27/23

8 X 200, 4 X 400

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:

Groups 1 - 7: 5 Mile Tempo Run (continuous) - Each mile gets 10 seconds faster

Groups 8-13: 4 Mile Tempo Run (continuous) - Each mile gets 10 seconds faster

Groups 14-19: 3 mile Tempo Run (continuous) - Each mile gets 10 seconds faster

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