

Eastside Runners Track Workout				Interval			
Wednesday, December 27, 2023							
6PM Workout Start, Arrive earlier to warm up							
1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)							
Workout:							
6 X 800 Meters at 5K Race Pace							
Recovery = 90 second jog							
	Current Race Times					Workout Pace	
Group #	5K	10K	Half-Marathon	Marathon		Per lap	800
1	14:00	29:20	1:05:06	2:16:46		1:07	2:14
2	15:00	31:27	1:09:54	2:26:59		1:12	2:24
3	16:00	33:35	1:14:43	2:37:15		1:16	2:33
4	17:00	35:43	1:19:33	2:47:35		1:21	2:43
5	18:00	37:52	1:24:24	2:57:59		1:26	2:52
6	19:00	40:01	1:29:17	3:08:27		1:31	3:02
7	20:00	42:09	1:34:10	3:18:59		1:36	3:12
8	21:00	44:19	1:39:05	3:29:35		1:40	3:21
9	22:00	46:28	1:44:02	3:40:14		1:45	3:31
10	23:00	48:38	1:48:59	3:50:58		1:50	3:40
11	24:00	50:48	1:53:58	4:01:45		1:55	3:50
12	25:00	52:58	1:58:57	4:12:37		2:00	4:00
13	26:00	55:09	2:03:59	4:23:33		2:04	4:09
14	27:00	57:19	2:09:01	4:34:32		2:09	4:19
15	28:00	59:30	2:14:05	4:45:36		2:14	4:28
16	29:00	1:01:42	2:19:10	4:56:45		2:19	4:38
17	30:00	1:03:53	2:24:16	5:07:57		2:24	4:48
18	31:00	1:06:05	2:29:24	5:19:14		2:28	4:57
19	32:00	1:08:17	2:34:33	5:30:35		2:33	5:07