

Wednesday, May 10, 2023										
6PM Workout Start, Arrive earlier to warm up										
1 Lap = 400 Meters; 2.5 Laps = 1000 Meters										
5 X 1000 (alternate "slow"/fast) (Groups 13-19: 5 X 800)										
Recovery = Jog 600 Meters										
Current Race Times					Workout Pace					
Group #	5K	10K	Half-Marathon	Marathon	1000 "Slow"	800 "Slow"	"Slow" Per Lap	1000 Fast	800 Fast	Fast per Lap
1	14:00	29:20	1:05:06	2:16:46	2:50	-	1:08	2:46	-	1:06
2	15:00	31:27	1:09:54	2:26:59	3:01	-	1:12	2:57	-	1:11
3	16:00	33:35	1:14:43	2:37:15	3:12	-	1:17	3:08	-	1:15
4	17:00	35:43	1:19:33	2:47:35	3:24	-	1:21	3:20	-	1:20
5	18:00	37:52	1:24:24	2:57:59	3:35	-	1:26	3:31	-	1:24
6	19:00	40:01	1:29:17	3:08:27	3:46	-	1:30	3:42	-	1:28
7	20:00	42:09	1:34:10	3:18:59	3:57	-	1:35	3:53	-	1:33
8	21:00	44:19	1:39:05	3:29:35	4:08	-	1:39	4:04	-	1:37
9	22:00	46:28	1:44:02	3:40:14	4:20	-	1:44	4:16	-	1:42
10	23:00	48:38	1:48:59	3:50:58	4:31	-	1:48	4:27	-	1:46
11	24:00	50:48	1:53:58	4:01:45	4:42	-	1:52	4:38	-	1:51
12	25:00	52:58	1:58:57	4:12:37	4:53	-	1:57	4:49	-	1:55
13	26:00	55:09	2:03:59	4:23:33	-	4:04	2:02	-	4:00	2:00
14	27:00	57:19	2:09:01	4:34:32	-	4:13	2:06	-	4:09	2:04
15	28:00	59:30	2:14:05	4:45:36	-	4:21	2:10	-	4:17	2:08
16	29:00	1:01:42	2:19:10	4:56:45	-	4:30	2:15	-	4:26	2:13
17	30:00	1:03:53	2:24:16	5:07:57	-	4:39	2:19	-	4:35	2:17
18	31:00	1:06:05	2:29:24	5:19:14	-	4:48	2:24	-	4:44	2:22
19	32:00	1:08:17	2:34:33	5:30:35	-	4:57	2:28	-	4:53	2:26