

Wednesday May 24, 2023

6PM Workout Start, Arrive earlier to warm up

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

Workout Option 1:

8 X 400 Meters (2 sets of 4, alternate slow-fast)

Recovery = Jog 400 after each hard 400, jog 800 after set of 4

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

Workout Pace	
400 (1st, 3rd, 5th, 7th)	400 (2nd, 4th, 6th, 8th)
1:02	1:00
1:06	1:04
1:11	1:09
1:15	1:13
1:20	1:18
1:24	1:22
1:29	1:27
1:33	1:31
1:38	1:36
1:42	1:40
1:47	1:45
1:51	1:49
1:56	1:54
2:00	1:58
2:04	2:02
2:09	2:07
2:13	2:11
2:18	2:16
2:22	2:20

Workout Option 2:

16 minutes at Tempo pace, 3 minutes rest, 10 minutes at Tempo pace

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

Workout Pace			
Per Mile (1600)	Per Lap	Miles in 16 minutes	Miles in 10 minutes
4:53	1:13	3.3	2.0
5:13	1:18	3.1	1.9
5:32	1:23	2.9	1.8
5:52	1:28	2.7	1.7
6:12	1:33	2.6	1.6
6:31	1:37	2.5	1.5
6:51	1:42	2.3	1.5
7:10	1:47	2.2	1.4
7:30	1:52	2.1	1.3
7:50	1:57	2.0	1.3
8:09	2:02	2.0	1.2
8:29	2:07	1.9	1.2
8:48	2:12	1.8	1.1
9:08	2:17	1.8	1.1
9:27	2:21	1.7	1.1
9:47	2:26	1.6	1.0
10:06	2:31	1.6	1.0
10:25	2:36	1.5	1.0
10:44	2:41	1.5	0.9