

Wednesday, May 3, 2023							
6PM Workout Start, Arrive earlier to warm up							
Workout:							
6 sets of 400-200							
Recovery = Jog 400 after each hard 400, jog 200 after each hard 200							
1 Lap = 400 Meters							
	Current Race Times					Workout Pace	
Group #	<u>5K</u>	<u>10K</u>	<u>Half-Marathon</u>	<u>Marathon</u>		<u>400</u>	<u>200</u>
1	14:00	29:20	1:05:06	2:16:46		1:01	:29
2	15:00	31:27	1:09:54	2:26:59		1:05	:31
3	16:00	33:35	1:14:43	2:37:15		1:10	:33
4	17:00	35:43	1:19:33	2:47:35		1:14	:35
5	18:00	37:52	1:24:24	2:57:59		1:19	:38
6	19:00	40:01	1:29:17	3:08:27		1:23	:40
7	20:00	42:09	1:34:10	3:18:59		1:28	:42
8	21:00	44:19	1:39:05	3:29:35		1:32	:44
9	22:00	46:28	1:44:02	3:40:14		1:37	:46
10	23:00	48:38	1:48:59	3:50:58		1:41	:48
11	24:00	50:48	1:53:58	4:01:45		1:46	:50
12	25:00	52:58	1:58:57	4:12:37		1:50	:52
13	26:00	55:09	2:03:59	4:23:33		1:55	:55
14	27:00	57:19	2:09:01	4:34:32		1:59	:57
15	28:00	59:30	2:14:05	4:45:36		2:03	:59
16	29:00	1:01:42	2:19:10	4:56:45		2:08	1:01
17	30:00	1:03:53	2:24:16	5:07:57		2:12	1:03
18	31:00	1:06:05	2:29:24	5:19:14		2:17	1:05
19	32:00	1:08:17	2:34:33	5:30:35		2:21	1:10