

Wednesday, June 14, 2023

6PM Workout Start, Arrive earlier to warm up
 1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)

Workout Option 1:

2 X 200, 4 X 400, 1 X 800, 2 X 200

Recovery = Jog 200 after hard 200, jog 400 after hard 400, jog 800 after hard 800

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		
200	400	800
:29	1:01	2:08
:31	1:05	2:17
:33	1:10	2:27
:35	1:14	2:35
:38	1:19	2:46
:40	1:23	2:54
:42	1:28	3:05
:44	1:32	3:13
:46	1:37	3:24
:48	1:41	3:32
:50	1:46	3:43
:52	1:50	3:51
:55	1:55	4:02
:57	1:59	4:10
:59	2:03	4:18
1:01	2:08	4:29
1:03	2:12	4:37
1:05	2:17	4:48
1:10	2:21	4:56

Workout Option 2:

30 minutes at Marathon Pace followed by 5 minute tempo. Take 2 minutes rest between (walk/jog/stretch).

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 & Distance			
30 minutes at Marathon Pace:			
Per Lap	Per Mile Pace (1600)	Total Miles	Approx Meters
1:17	5:11	5.8	9,300
1:23	5:34	5.4	8,600
1:29	5:57	5.0	8,000
1:35	6:21	4.7	7,600
1:41	6:44	4.5	7,100
1:47	7:08	4.2	6,700
1:53	7:32	4.0	6,400
1:59	7:56	3.8	6,000
2:05	8:21	3.6	5,700
2:11	8:45	3.4	5,500
2:17	9:10	3.3	5,200
2:23	9:34	3.1	5,000
2:29	9:59	3.0	4,800
2:36	10:24	2.9	4,600
2:42	10:49	2.8	4,400
2:48	11:15	2.7	4,300
2:55	11:40	2.6	4,100
3:01	12:06	2.5	4,000
3:08	12:32	2.4	3,800

Workout Pace & Distance			
5 minute Tempo:			
Per Lap	Per Mile Pace (1600)	Total Miles	Approx Meters
1:13	4:53	1.0	1,600
1:18	5:13	1.0	1,500
1:23	5:32	0.9	1,400
1:28	5:52	0.9	1,400
1:33	6:12	0.8	1,300
1:37	6:31	0.8	1,200
1:42	6:51	0.7	1,200
1:47	7:10	0.7	1,100
1:52	7:30	0.7	1,100
1:57	7:50	0.6	1,000
2:02	8:09	0.6	1,000
2:07	8:29	0.6	900
2:12	8:48	0.6	900
2:17	9:08	0.5	900
2:21	9:27	0.5	800
2:26	9:47	0.5	800
2:31	10:06	0.5	800
2:36	10:25	0.5	800
2:41	10:44	0.5	700