

Wednesday, June 28, 2023

Workout starts at 6PM, Arrive earlier to warm up

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

Workout:

2 X 1.25 - 2.5 miles (distance depending on group - see chart)

Recovery = 2 minute light jog between each

As with all of our workouts, the goal is to hit the pace right on, not beat the pace

Group #	Current Race Times				Workout Pace & Distance			
	5K	10K	Half-Marathon	Marathon	Per Lap	Per Mile (1600)	Total Time per interval	Total Miles per interval
1	14:00	29:20	1:05:06	2:16:46	1:13	4:53	12:12	2.5 (10 Laps)
2	15:00	31:27	1:09:54	2:26:59	1:18	5:13	13:02	2.5 (10 Laps)
3	16:00	33:35	1:14:43	2:37:15	1:23	5:32	12:27	2.25 (9 laps)
4	17:00	35:43	1:19:33	2:47:35	1:28	5:52	13:12	2.25 (9 laps)
5	18:00	37:52	1:24:24	2:57:59	1:33	6:12	12:24	2 (8 laps)
6	19:00	40:01	1:29:17	3:08:27	1:37	6:31	13:02	2 (8 laps)
7	20:00	42:09	1:34:10	3:18:59	1:42	6:51	11:59	1.75 (7 laps)
8	21:00	44:19	1:39:05	3:29:35	1:47	7:10	12:32	1.75 (7 laps)
9	22:00	46:28	1:44:02	3:40:14	1:52	7:30	13:07	1.75 (7 laps)
10	23:00	48:38	1:48:59	3:50:58	1:57	7:50	11:45	1.5 (6 laps)
11	24:00	50:48	1:53:58	4:01:45	2:02	8:09	12:13	1.5 (6 laps)
12	25:00	52:58	1:58:57	4:12:37	2:07	8:29	12:43	1.5 (6 laps)
13	26:00	55:09	2:03:59	4:23:33	2:12	8:48	13:12	1.5 (6 laps)
14	27:00	57:19	2:09:01	4:34:32	2:17	9:08	11:25	1.25 (5 laps)
15	28:00	59:30	2:14:05	4:45:36	2:21	9:27	11:48	1.25 (5 laps)
16	29:00	1:01:42	2:19:10	4:56:45	2:26	9:47	12:13	1.25 (5 laps)
17	30:00	1:03:53	2:24:16	5:07:57	2:31	10:06	12:37	1.25 (5 laps)
18	31:00	1:06:05	2:29:24	5:19:14	2:36	10:25	13:01	1.25 (5 laps)
19	32:00	1:08:17	2:34:33	5:30:35	2:41	10:44	13:25	1.25 (5 laps)