

Eastside Runners

Wednesday, July 5, 2023

Workout starts at 6PM, Arrive earlier to warm up

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

Workout Option 1:

6 X 400 Meters, 4 X 200 Meters

Recovery = 400 jog after each hard 400, 200 jog after each hard 200

Group #	Current Race Times				Workout Pace	
	5K	10K	Half-Marathon	Marathon	200	400
1	14:00	29:20	1:05:06	2:16:46	:29	1:01
2	15:00	31:27	1:09:54	2:26:59	:31	1:05
3	16:00	33:35	1:14:43	2:37:15	:33	1:10
4	17:00	35:43	1:19:33	2:47:35	:35	1:14
5	18:00	37:52	1:24:24	2:57:59	:38	1:19
6	19:00	40:01	1:29:17	3:08:27	:40	1:23
7	20:00	42:09	1:34:10	3:18:59	:42	1:28
8	21:00	44:19	1:39:05	3:29:35	:44	1:32
9	22:00	46:28	1:44:02	3:40:14	:46	1:37
10	23:00	48:38	1:48:59	3:50:58	:48	1:41
11	24:00	50:48	1:53:58	4:01:45	:50	1:46
12	25:00	52:58	1:58:57	4:12:37	:52	1:50
13	26:00	55:09	2:03:59	4:23:33	:55	1:55
14	27:00	57:19	2:09:01	4:34:32	:57	1:59
15	28:00	59:30	2:14:05	4:45:36	:59	2:03
16	29:00	1:01:42	2:19:10	4:56:45	1:01	2:08
17	30:00	1:03:53	2:24:16	5:07:57	1:03	2:12
18	31:00	1:06:05	2:29:24	5:19:14	1:05	2:17
19	32:00	1:08:17	2:34:33	5:30:35	1:10	2:21

Workout Option 2:

5 Mile Run - First 4 miles at Marathon Pace, Pick up the pace on the last mile.

No specified goal time on last mile, just pick it up a bit.

Group #	Current Race Times				Workout Pace (1st 4 Miles)	
	5K	10K	Half-Marathon	Marathon	Per Lap	Per Mile (1600)
1	14:00	29:20	1:05:06	2:16:46	1:17	5:11
2	15:00	31:27	1:09:54	2:26:59	1:23	5:34
3	16:00	33:35	1:14:43	2:37:15	1:29	5:57
4	17:00	35:43	1:19:33	2:47:35	1:35	6:21
5	18:00	37:52	1:24:24	2:57:59	1:41	6:44
6	19:00	40:01	1:29:17	3:08:27	1:47	7:08
7	20:00	42:09	1:34:10	3:18:59	1:53	7:32
8	21:00	44:19	1:39:05	3:29:35	1:59	7:56
9	22:00	46:28	1:44:02	3:40:14	2:05	8:21
10	23:00	48:38	1:48:59	3:50:58	2:11	8:45
11	24:00	50:48	1:53:58	4:01:45	2:17	9:10
12	25:00	52:58	1:58:57	4:12:37	2:23	9:34
13	26:00	55:09	2:03:59	4:23:33	2:29	9:59
14	27:00	57:19	2:09:01	4:34:32	2:36	10:24
15	28:00	59:30	2:14:05	4:45:36	2:42	10:49
16	29:00	1:01:42	2:19:10	4:56:45	2:48	11:15
17	30:00	1:03:53	2:24:16	5:07:57	2:55	11:40
18	31:00	1:06:05	2:29:24	5:19:14	3:01	12:06
19	32:00	1:08:17	2:34:33	5:30:35	3:08	12:32