

Wednesday, July 12, 2023

6PM Workout Start, Arrive earlier to warm up

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

Workout:

5 Sets of (600-400) at 5K Race Pace

Recovery = 1 min rest after each 600; 3 minutes rest after each set

Stick to goal times. Work with your group to hit the goal paces (hit them, not beat them), taking turns leading laps.

Group #	Current Race Times				Workout Pace	
	5K	10K	Half-Marathon	Marathon	400	600
1	14:00	29:20	1:05:06	2:16:46	1:07	1:40
2	15:00	31:27	1:09:54	2:26:59	1:12	1:48
3	16:00	33:35	1:14:43	2:37:15	1:16	1:55
4	17:00	35:43	1:19:33	2:47:35	1:21	2:02
5	18:00	37:52	1:24:24	2:57:59	1:26	2:09
6	19:00	40:01	1:29:17	3:08:27	1:31	2:16
7	20:00	42:09	1:34:10	3:18:59	1:36	2:24
8	21:00	44:19	1:39:05	3:29:35	1:40	2:31
9	22:00	46:28	1:44:02	3:40:14	1:45	2:38
10	23:00	48:38	1:48:59	3:50:58	1:50	2:45
11	24:00	50:48	1:53:58	4:01:45	1:55	2:52
12	25:00	52:58	1:58:57	4:12:37	2:00	3:00
13	26:00	55:09	2:03:59	4:23:33	2:04	3:07
14	27:00	57:19	2:09:01	4:34:32	2:09	3:14
15	28:00	59:30	2:14:05	4:45:36	2:14	3:21
16	29:00	1:01:42	2:19:10	4:56:45	2:19	3:28
17	30:00	1:03:53	2:24:16	5:07:57	2:24	3:36
18	31:00	1:06:05	2:29:24	5:19:14	2:28	3:43
19	32:00	1:08:17	2:34:33	5:30:35	2:33	3:50