

Eastside Runners

Wednesday, August 16,2023

Workout starts at 6PM, Arrive earlier to warm up

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

Workout Option 1:

2 X 200, 2 X 600, 4 X 400

Recovery = Jog 200 after each hard 200; Jog 400 after each hard 400 and 600

Group #	Current Race Times				Workout Pace			
	5K	10K	Half-Marathon	Marathon	200	600	600 (per lap)	400
1	14:00	29:20	1:05:06	2:16:46	:29	1:36	1:04	1:01
2	15:00	31:27	1:09:54	2:26:59	:31	1:42	1:08	1:05
3	16:00	33:35	1:14:43	2:37:15	:33	1:49	1:12	1:10
4	17:00	35:43	1:19:33	2:47:35	:35	1:55	1:16	1:14
5	18:00	37:52	1:24:24	2:57:59	:38	2:01	1:21	1:19
6	19:00	40:01	1:29:17	3:08:27	:40	2:08	1:25	1:23
7	20:00	42:09	1:34:10	3:18:59	:42	2:14	1:29	1:28
8	21:00	44:19	1:39:05	3:29:35	:44	2:21	1:34	1:32
9	22:00	46:28	1:44:02	3:40:14	:46	2:27	1:38	1:37
10	23:00	48:38	1:48:59	3:50:58	:48	2:33	1:42	1:41
11	24:00	50:48	1:53:58	4:01:45	:50	2:40	1:46	1:46
12	25:00	52:58	1:58:57	4:12:37	:52	2:46	1:51	1:50
13	26:00	55:09	2:03:59	4:23:33	:55	2:52	1:55	1:55
14	27:00	57:19	2:09:01	4:34:32	:57	2:59	1:59	1:59
15	28:00	59:30	2:14:05	4:45:36	:59	3:05	2:03	2:03
16	29:00	1:01:42	2:19:10	4:56:45	1:01	3:12	2:08	2:08
17	30:00	1:03:53	2:24:16	5:07:57	1:03	3:18	2:12	2:12
18	31:00	1:06:05	2:29:24	5:19:14	1:05	3:25	2:17	2:17
19	32:00	1:08:17	2:34:33	5:30:35	1:10	3:31	2:21	2:21

Workout Option 2 :

4-5 Mile Tempo Run (continuous) - Alternate "slow" and fast miles

Max of 45 min

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