

Eastside Runners

Interval

Wednesday, August 23, 2023

Workout starts at 6PM, Arrive earlier to warm up

Kirkland Middle School - 430 18th Ave, Kirkland, WA 98033

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

5 Sets of (400-400-200) at 5K Race Pace (5,000 Meters total)

Recovery = 45 seconds rest after each 400; 3 minutes rest after each set

Work with your group to try to hit goal times right on and not faster.

Group #	Current Race Times				Workout Pace	
	5K	10K	Half-Marathon	Marathon	200	400
1	14:00	29:20	1:05:06	2:16:46	0:33	1:07
2	15:00	31:27	1:09:54	2:26:59	0:36	1:12
3	16:00	33:35	1:14:43	2:37:15	0:38	1:16
4	17:00	35:43	1:19:33	2:47:35	0:40	1:21
5	18:00	37:52	1:24:24	2:57:59	0:43	1:26
6	19:00	40:01	1:29:17	3:08:27	0:45	1:31
7	20:00	42:09	1:34:10	3:18:59	0:48	1:36
8	21:00	44:19	1:39:05	3:29:35	0:50	1:40
9	22:00	46:28	1:44:02	3:40:14	0:52	1:45
10	23:00	48:38	1:48:59	3:50:58	0:55	1:50
11	24:00	50:48	1:53:58	4:01:45	0:57	1:55
12	25:00	52:58	1:58:57	4:12:37	1:00	2:00
13	26:00	55:09	2:03:59	4:23:33	1:02	2:04
14	27:00	57:19	2:09:01	4:34:32	1:04	2:09
15	28:00	59:30	2:14:05	4:45:36	1:07	2:14
16	29:00	1:01:42	2:19:10	4:56:45	1:09	2:19
17	30:00	1:03:53	2:24:16	5:07:57	1:12	2:24
18	31:00	1:06:05	2:29:24	5:19:14	1:14	2:28
19	32:00	1:08:17	2:34:33	5:30:35	1:16	2:33