

Eastside Runners

Wednesday, September 6, 2023

Workout starts at 6PM, Arrive earlier to warm up

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

Workout Option 1:

8 X 400 Meters

Recovery = Jog 400

Lesser experienced runners could run 4-6 X 400

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

Workout Pace
400
1:01
1:05
1:10
1:14
1:19
1:23
1:28
1:32
1:37
1:41
1:46
1:50
1:55
1:59
2:03
2:08
2:12
2:17
2:21

Workout Option 2:

5 minute Tempo followed by 30 minutes at Marathon Pace. Take 2 minutes rest between (walk/jog/stretch)

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

Workout Pace & Distance		
5 minute Tempo:		
Per Lap	Per Mile Pace (1600)	Approx Total Miles
1:13	4:53	1.0
1:18	5:13	1.0
1:23	5:32	0.9
1:28	5:52	0.9
1:33	6:12	0.8
1:37	6:31	0.8
1:42	6:51	0.7
1:47	7:10	0.7
1:52	7:30	0.7
1:57	7:50	0.6
2:02	8:09	0.6
2:07	8:29	0.6
2:12	8:48	0.6
2:17	9:08	0.5
2:21	9:27	0.5
2:26	9:47	0.5
2:31	10:06	0.5
2:36	10:25	0.5
2:41	10:44	0.5