

Eastside Runners

Wednesday, September 13, 2023

Workout starts at 6PM, Arrive earlier to warm up

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

Workout:

5 X 1000 Meters w/ only 1 min rest between each.

1000 Meters = 2.5 Laps

Group #	Current Race Times			
	<u>5K</u>	<u>10K</u>	<u>Half-Marathon</u>	<u>Marathon</u>
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	
<u>1000</u>	<u>Per Lap</u>
2:51	1:08
3:04	1:13
3:17	1:18
3:29	1:23
3:42	1:29
3:55	1:34
4:08	1:39
4:21	1:44
4:34	1:49
4:47	1:54
5:00	2:00
5:13	2:05
5:26	2:10
5:39	2:15
5:52	2:21
6:05	2:26
6:18	2:31
6:32	2:36
6:45	2:42