

**Eastside Runners**

**Wednesday, September 20, 2023**

**Workout starts at 6PM, Arrive earlier to warm up**

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

**Workout:**

**2 X Mile Tempo (Recovery = 400 meter jog after each)**

**4 X 200 Meters (Recovery = 200 meter jog after each)**

**1 X Mile Tempo**

**\*\* Groups 14 & Above - Run 1 X Mile Tempo, 4 X 200, 1 X Mile Tempo (same recovery as above)**

Group #	Current Race Times				Workout Pace			
	5K	10K	Half-Marathon	Marathon	Mile (1600)	1600 (Per Lap)	200	
1	14:00	29:20	1:05:06	2:16:46	4:53	1:13	:29	
2	15:00	31:27	1:09:54	2:26:59	5:13	1:18	:31	
3	16:00	33:35	1:14:43	2:37:15	5:32	1:23	:33	
4	17:00	35:43	1:19:33	2:47:35	5:52	1:28	:35	
5	18:00	37:52	1:24:24	2:57:59	6:12	1:33	:38	
6	19:00	40:01	1:29:17	3:08:27	6:31	1:37	:40	
7	20:00	42:09	1:34:10	3:18:59	6:51	1:42	:42	
8	21:00	44:19	1:39:05	3:29:35	7:10	1:47	:44	
9	22:00	46:28	1:44:02	3:40:14	7:30	1:52	:46	
10	23:00	48:38	1:48:59	3:50:58	7:50	1:57	:48	
11	24:00	50:48	1:53:58	4:01:45	8:09	2:02	:50	
12	25:00	52:58	1:58:57	4:12:37	8:29	2:07	:52	
13	26:00	55:09	2:03:59	4:23:33	8:48	2:12	:55	
14	27:00	57:19	2:09:01	4:34:32	9:08	2:17	:57	**
15	28:00	59:30	2:14:05	4:45:36	9:27	2:21	:59	**
16	29:00	1:01:42	2:19:10	4:56:45	9:47	2:26	1:01	**
17	30:00	1:03:53	2:24:16	5:07:57	10:06	2:31	1:03	**
18	31:00	1:06:05	2:29:24	5:19:14	10:25	2:36	1:05	**
19	32:00	1:08:17	2:34:33	5:30:35	10:44	2:41	1:10	**