

**Eastside Runners**

**Wednesday, September 27, 2023**

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

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

**Workout Option 1:**

**4 X 400, 8 X 200**

**Recovery = slow 400 jog after each hard 400, slow 200 jog after each hard 200**

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

**Workout Option 2:**

**5 Mile Tempo Run (first 4 miles steady, pick up the pace the last mile)**

**No specified goal time on last mile, just pick it up a bit.**

**\*\*Groups 9-19 run between 3.5 - 4.75 miles total depending on group (see below)**

Group #	Current Race Times				Workout Pace		
	5K	10K	Half-Marathon	Marathon	1st 4 miles**	Per Lap	
1	14:00	29:20	1:05:06	2:16:46	5:04	1:16	
2	15:00	31:27	1:09:54	2:26:59	5:26	1:21	
3	16:00	33:35	1:14:43	2:37:15	5:47	1:26	
4	17:00	35:43	1:19:33	2:47:35	6:09	1:32	
5	18:00	37:52	1:24:24	2:57:59	6:32	1:38	
6	19:00	40:01	1:29:17	3:08:27	6:54	1:43	
7	20:00	42:09	1:34:10	3:18:59	7:16	1:49	
8	21:00	44:19	1:39:05	3:29:35	7:38	1:54	
9	22:00	46:28	1:44:02	3:40:14	8:01	2:00	** 4.75 miles total (3.75 Steady, 1 faster)
10	23:00	48:38	1:48:59	3:50:58	8:23	2:05	** 4.5 miles total (3.5 Steady, 1 faster)
11	24:00	50:48	1:53:58	4:01:45	8:46	2:11	** 4.5 miles total (3.5 Steady, 1 faster)
12	25:00	52:58	1:58:57	4:12:37	9:09	2:17	** 4.25 miles total (3.25 Steady, 1 faster)
13	26:00	55:09	2:03:59	4:23:33	9:32	2:23	** 4.25 miles total (3.25 Steady, 1 faster)
14	27:00	57:19	2:09:01	4:34:32	9:55	2:28	** 4 miles total (3 Steady, 1 faster)
15	28:00	59:30	2:14:05	4:45:36	10:18	2:34	** 4 miles total (3 Steady, 1 faster)
16	29:00	1:01:42	2:19:10	4:56:45	10:41	2:40	** 3.75 miles total (2.75 Steady, 1 faster)
17	30:00	1:03:53	2:24:16	5:07:57	11:04	2:46	** 3.75 miles total (2.75 Steady, 1 faster)
18	31:00	1:06:05	2:29:24	5:19:14	11:27	2:51	** 3.5 miles total (2.5 Steady, 1 faster)
19	32:00	1:08:17	2:34:33	5:30:35	11:51	2:57	** 3.5 miles total (2.5 Steady, 1 faster)