

Eastside Runners									
Wednesday, January 3, 2024									
Workout starts at 6PM, Arrive earlier to warm up									
1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)									
Workout:									
2 Mile Tempo Run, 2 min rest				Tempo					
1 X 800, 4 min jog rest									
2 X 400, 2 min jog rest in between									
<u>Current Race Times</u>					<u>2 Mile tempo pace</u>		<u>1 X 800 pace</u>		<u>2 X 400 pace</u>
<u>Group #</u>	<u>5K</u>	<u>10K</u>	<u>Half-Marathon</u>	<u>Marathon</u>	<u>per Mile (1600)</u>	<u>(2 mile per lap)</u>	<u>800</u>	<u>(800 per lap)</u>	<u>400</u>
1	14:00	29:20	1:05:06	2:16:46	4:53	1:13	2:13	1:06	1:01
2	15:00	31:27	1:09:54	2:26:59	5:13	1:18	2:22	1:11	1:05
3	16:00	33:35	1:14:43	2:37:15	5:32	1:23	2:31	1:15	1:10
4	17:00	35:43	1:19:33	2:47:35	5:52	1:28	2:39	1:19	1:14
5	18:00	37:52	1:24:24	2:57:59	6:12	1:33	2:48	1:24	1:19
6	19:00	40:01	1:29:17	3:08:27	6:31	1:37	2:57	1:28	1:23
7	20:00	42:09	1:34:10	3:18:59	6:51	1:42	3:06	1:33	1:28
8	21:00	44:19	1:39:05	3:29:35	7:10	1:47	3:15	1:37	1:32
9	22:00	46:28	1:44:02	3:40:14	7:30	1:52	3:24	1:42	1:37
10	23:00	48:38	1:48:59	3:50:58	7:50	1:57	3:33	1:46	1:41
11	24:00	50:48	1:53:58	4:01:45	8:09	2:02	3:42	1:51	1:46
12	25:00	52:58	1:58:57	4:12:37	8:29	2:07	3:50	1:55	1:50
13	26:00	55:09	2:03:59	4:23:33	8:48	2:12	3:59	1:59	1:55
14	27:00	57:19	2:09:01	4:34:32	9:08	2:17	4:08	2:04	1:59
15	28:00	59:30	2:14:05	4:45:36	9:27	2:21	4:17	2:08	2:03
16	29:00	1:01:42	2:19:10	4:56:45	9:47	2:26	4:25	2:12	2:08
17	30:00	1:03:53	2:24:16	5:07:57	10:06	2:31	4:34	2:17	2:12
18	31:00	1:06:05	2:29:24	5:19:14	10:25	2:36	4:43	2:21	2:17
19	32:00	1:08:17	2:34:33	5:30:35	10:44	2:41	4:52	2:26	2:21