

Wednesday, March 6, 2024									
					Tempo				
1 Mile Tempo run followed by 5 X 800 Meters									
Recovery = 400 meter jog after tempo run, 400 meter jog between each 800									
Note: As always, beginning runners will want to scale back the workout (e.g. 1 Mile Tempo followed by 2 or 3 X 800).									
Current Race Times									
Group #	5K	10K	Half-Marathon	Marathon	Per Lap (Mile)	Mile (1600)	Per Lap (800)	800	
1	14:00	29:20	1:05:06	2:16:46	1:13	4:53	1:07	2:14	
2	15:00	31:27	1:09:54	2:26:59	1:18	5:13	1:11	2:23	
3	16:00	33:35	1:14:43	2:37:15	1:23	5:32	1:16	2:32	
4	17:00	35:43	1:19:33	2:47:35	1:28	5:52	1:20	2:41	
5	18:00	37:52	1:24:24	2:57:59	1:33	6:12	1:25	2:50	
6	19:00	40:01	1:29:17	3:08:27	1:37	6:31	1:29	2:59	
7	20:00	42:09	1:34:10	3:18:59	1:42	6:51	1:34	3:08	
8	21:00	44:19	1:39:05	3:29:35	1:47	7:10	1:38	3:17	
9	22:00	46:28	1:44:02	3:40:14	1:52	7:30	1:43	3:26	
10	23:00	48:38	1:48:59	3:50:58	1:57	7:50	1:47	3:35	
11	24:00	50:48	1:53:58	4:01:45	2:02	8:09	1:52	3:44	
12	25:00	52:58	1:58:57	4:12:37	2:07	8:29	1:56	3:53	
13	26:00	55:09	2:03:59	4:23:33	2:12	8:48	2:00	4:02	
14	27:00	57:19	2:09:01	4:34:32	2:17	9:08	2:05	4:11	
15	28:00	59:30	2:14:05	4:45:36	2:21	9:27	2:09	4:19	
16	29:00	1:01:42	2:19:10	4:56:45	2:26	9:47	2:14	4:28	
17	30:00	1:03:53	2:24:16	5:07:57	2:31	10:06	2:18	4:37	
18	31:00	1:06:05	2:29:24	5:19:14	2:36	10:25	2:22	4:46	
19	32:00	1:08:17	2:34:33	5:30:35	2:41	10:44	2:27	4:55	