

Eastside Runners Track Workout
Wednesday, March 13, 2024 Reps

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

Reps

Workout Option 1:

2 sets of 800-400-200

Recovery = Jog 800 after each hard 800; jog 400 after each hard 400; jog 200 after each hard 200

1 Lap = 400 Meters

Group #	Current Race Times				Workout Pace		
	5K	10K	Half-Marathon	Marathon	800	400	200
1	14:00	29:20	1:05:06	2:16:46	2:08	1:01	:29
2	15:00	31:27	1:09:54	2:26:59	2:17	1:05	:31
3	16:00	33:35	1:14:43	2:37:15	2:27	1:10	:33
4	17:00	35:43	1:19:33	2:47:35	2:35	1:14	:35
5	18:00	37:52	1:24:24	2:57:59	2:46	1:19	:38
6	19:00	40:01	1:29:17	3:08:27	2:54	1:23	:40
7	20:00	42:09	1:34:10	3:18:59	3:05	1:28	:42
8	21:00	44:19	1:39:05	3:29:35	3:13	1:32	:44
9	22:00	46:28	1:44:02	3:40:14	3:24	1:37	:46
10	23:00	48:38	1:48:59	3:50:58	3:32	1:41	:48
11	24:00	50:48	1:53:58	4:01:45	3:43	1:46	:50
12	25:00	52:58	1:58:57	4:12:37	3:51	1:50	:52
13	26:00	55:09	2:03:59	4:23:33	4:02	1:55	:55
14	27:00	57:19	2:09:01	4:34:32	4:10	1:59	:57
15	28:00	59:30	2:14:05	4:45:36	4:18	2:03	:59
16	29:00	1:01:42	2:19:10	4:56:45	4:29	2:08	1:01
17	30:00	1:03:53	2:24:16	5:07:57	4:37	2:12	1:03
18	31:00	1:06:05	2:29:24	5:19:14	4:48	2:17	1:05
19	32:00	1:08:17	2:34:33	5:30:35	4:56	2:21	1:07

Workout Option 2:

Groups 1 - 7: 5 Mile Tempo Run (continuous) - Each mile gets 10 seconds faster

Groups 8-13: 4 Mile Tempo Run (continuous) - Each mile gets 10 seconds faster

Groups 14-19: 3 mile Tempo Run (continuous) - Each mile gets 10 seconds faster

Group #	Current Race Times				Workout Pace										
	5K	10K	Half-Marathon	Marathon	Mile 1	Mile 2	Mile 3	Mile 4	Mile 5	Mile 1 (Lap)	Mile 2 (Lap)	Mile 3 (Lap)	Mile 4 (Lap)	Mile 5 (Lap)	
1	14:00	29:20	1:05:06	2:16:46	5:28	5:18	5:08	4:58	4:48	1:22	1:19	1:17	1:14	1:12	
2	15:00	31:27	1:09:54	2:26:59	5:51	5:41	5:31	5:21	5:11	1:27	1:25	1:22	1:20	1:17	
3	16:00	33:35	1:14:43	2:37:15	6:13	6:03	5:53	5:43	5:33	1:33	1:30	1:28	1:25	1:23	
4	17:00	35:43	1:19:33	2:47:35	6:36	6:26	6:16	6:06	5:56	1:39	1:36	1:34	1:31	1:29	
5	18:00	37:52	1:24:24	2:57:59	6:59	6:49	6:39	6:29	6:19	1:44	1:42	1:39	1:37	1:34	
6	19:00	40:01	1:29:17	3:08:27	7:22	7:12	7:02	6:52	6:42	1:50	1:48	1:45	1:43	1:40	
7	20:00	42:09	1:34:10	3:18:59	7:45	7:35	7:25	7:15	7:05	1:56	1:53	1:51	1:48	1:46	
8	21:00	44:19	1:39:05	3:29:35	7:58	7:48	7:38	7:28	N/A	1:59	1:57	1:54	1:52	N/A	
9	22:00	46:28	1:44:02	3:40:14	8:22	8:12	8:02	7:52	N/A	2:05	2:03	2:00	1:58	N/A	
10	23:00	48:38	1:48:59	3:50:58	8:45	8:35	8:25	8:15	N/A	2:11	2:08	2:06	2:03	N/A	
11	24:00	50:48	1:53:58	4:01:45	9:09	8:59	8:49	8:39	N/A	2:17	2:14	2:12	2:09	N/A	
12	25:00	52:58	1:58:57	4:12:37	9:32	9:22	9:12	9:02	N/A	2:23	2:20	2:18	2:15	N/A	
13	26:00	55:09	2:03:59	4:23:33	9:56	9:46	9:36	9:26	N/A	2:29	2:26	2:24	2:21	N/A	
14	27:00	57:19	2:09:01	4:34:32	10:10	10:00	9:50	N/A	N/A	2:32	2:30	2:27	N/A	N/A	
15	28:00	59:30	2:14:05	4:45:36	10:34	10:24	10:14	N/A	N/A	2:38	2:36	2:33	N/A	N/A	
16	29:00	1:01:42	2:19:10	4:56:45	10:59	10:49	10:39	N/A	N/A	2:44	2:42	2:39	N/A	N/A	
17	30:00	1:03:53	2:24:16	5:07:57	11:23	11:13	11:03	N/A	N/A	2:50	2:48	2:45	N/A	N/A	
18	31:00	1:06:05	2:29:24	5:19:14	11:47	11:37	11:27	N/A	N/A	2:56	2:54	2:51	N/A	N/A	
19	32:00	1:08:17	2:34:33	5:30:35	12:12	12:02	11:52	N/A	N/A	3:03	3:00	2:58	N/A	N/A	