

Eastside Runners Track Workout							
Wednesday, March 20, 2024				Interval			
1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)							
Workout:							
3 Sets of 3 X 400							
Recovery gets longer but pace gets faster each set. Start at 10K pace and work down to 5K pace.							
Goal is to hit paces on chart, not faster. YOU MUST CHILL!!							
Pace on 1st set will feel very slow compared to our usual 400s.							
Less experienced runners may want to run 3 sets of 2 X 400 at same pace.							
Recovery:							
1st Set - 100 meter jog between repeats, 400 jog after set							
2nd Set - 200 jog between repeats; 400 jog after set							
3rd Set - 400 jog between each							
Current Race Times				Workout Pace			
Group #	5K	10K	Half-Marathon	Marathon	1st Set	2nd Set	3rd Set
1	14:00	29:20	1:05:06	2:16:46	1:10	1:08	1:07
2	15:00	31:27	1:09:54	2:26:59	1:15	1:13	1:12
3	16:00	33:35	1:14:43	2:37:15	1:20	1:18	1:16
4	17:00	35:43	1:19:33	2:47:35	1:25	1:23	1:21
5	18:00	37:52	1:24:24	2:57:59	1:30	1:28	1:26
6	19:00	40:01	1:29:17	3:08:27	1:36	1:33	1:31
7	20:00	42:09	1:34:10	3:18:59	1:41	1:38	1:36
8	21:00	44:19	1:39:05	3:29:35	1:46	1:43	1:40
9	22:00	46:28	1:44:02	3:40:14	1:51	1:48	1:45
10	23:00	48:38	1:48:59	3:50:58	1:56	1:53	1:50
11	24:00	50:48	1:53:58	4:01:45	2:01	1:58	1:55
12	25:00	52:58	1:58:57	4:12:37	2:07	2:03	2:00
13	26:00	55:09	2:03:59	4:23:33	2:12	2:08	2:04
14	27:00	57:19	2:09:01	4:34:32	2:17	2:13	2:09
15	28:00	59:30	2:14:05	4:45:36	2:22	2:18	2:14
16	29:00	1:01:42	2:19:10	4:56:45	2:28	2:23	2:19
17	30:00	1:03:53	2:24:16	5:07:57	2:33	2:28	2:24
18	31:00	1:06:05	2:29:24	5:19:14	2:38	2:33	2:28
19	32:00	1:08:17	2:34:33	5:30:35	2:43	2:38	2:33