

Eastside Runners								
Wednesday, October 11, 2023								
Workout starts at 6PM, Arrive earlier to warm up								
1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)								
<u>Workout</u>								
3.5 mile tempo run - 3 miles steady, then Go! (Run HARD) For 800 meters (2 Laps)								
***** Groups 12 & Above - Run 25 minutes steady, then Go! (Run HARD) For 800 meters (2 Laps)								
	Current Race Times					Workout Pace (steady portion)		
Group #	<u>5K</u>	<u>10K</u>	<u>Half-Marathon</u>	<u>Marathon</u>		<u>Per Lap</u>	<u>Per Mile (1600)</u>	
1	14:00	29:20	1:05:06	2:16:46		1:13	4:53	
2	15:00	31:27	1:09:54	2:26:59		1:18	5:13	
3	16:00	33:35	1:14:43	2:37:15		1:24	5:39	
4	17:00	35:43	1:19:33	2:47:35		1:30	6:01	
5	18:00	37:52	1:24:24	2:57:59		1:35	6:22	
6	19:00	40:01	1:29:17	3:08:27		1:40	6:41	
7	20:00	42:09	1:34:10	3:18:59		1:45	7:01	
8	21:00	44:19	1:39:05	3:29:35		1:50	7:20	
9	22:00	46:28	1:44:02	3:40:14		1:55	7:40	
10	23:00	48:38	1:48:59	3:50:58		2:00	8:00	
11	24:00	50:48	1:53:58	4:01:45		2:04	8:19	
12	25:00	52:58	1:58:57	4:12:37		2:09	8:39	*****
13	26:00	55:09	2:03:59	4:23:33		2:14	8:58	*****
14	27:00	57:19	2:09:01	4:34:32		2:19	9:18	*****
15	28:00	59:30	2:14:05	4:45:36		2:24	9:37	*****
16	29:00	1:01:42	2:19:10	4:56:45		2:29	9:57	*****
17	30:00	1:03:53	2:24:16	5:07:57		2:34	10:16	*****
18	31:00	1:06:05	2:29:24	5:19:14		2:38	10:35	*****
19	32:00	1:08:17	2:34:33	5:30:35		2:43	10:54	*****