

Eastside Runners

Wednesday, October 25, 2023

Workout starts at 6PM, Arrive earlier to warm up

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

Workout:

3 X Mile

Recovery = 800 meter jog between each

Current Race Times					Workout Pace	
Group #	5K	10K	Half-Marathon	Marathon	Mile (1600)	Per Lap
1	14:00	29:20	1:05:06	2:16:46	4:28	1:07
2	15:00	31:27	1:09:54	2:26:59	4:48	1:12
3	16:00	33:35	1:14:43	2:37:15	5:07	1:16
4	17:00	35:43	1:19:33	2:47:35	5:26	1:21
5	18:00	37:52	1:24:24	2:57:59	5:45	1:26
6	19:00	40:01	1:29:17	3:08:27	6:04	1:31
7	20:00	42:09	1:34:10	3:18:59	6:24	1:36
8	21:00	44:19	1:39:05	3:29:35	6:43	1:40
9	22:00	46:28	1:44:02	3:40:14	7:02	1:45
10	23:00	48:38	1:48:59	3:50:58	7:21	1:50
11	24:00	50:48	1:53:58	4:01:45	7:40	1:55
12	25:00	52:58	1:58:57	4:12:37	8:00	2:00
13	26:00	55:09	2:03:59	4:23:33	8:19	2:04
14	27:00	57:19	2:09:01	4:34:32	8:38	2:09
15	28:00	59:30	2:14:05	4:45:36	8:57	2:14
16	29:00	1:01:42	2:19:10	4:56:45	9:16	2:19
17	30:00	1:03:53	2:24:16	5:07:57	9:36	2:24
18	31:00	1:06:05	2:29:24	5:19:14	9:55	2:28
19	32:00	1:08:17	2:34:33	5:30:35	10:14	2:33