

Eastside Runners		Tempo						
Wednesday, November 22, 2023								
Workout starts at 6PM, Arrive earlier to warm up								
Lake Washington High School - 12033 NE 80th St, Kirkland, WA 98033								
1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)								
Workout:								
20 Minute Tempo Run (between 2-4 miles depending on group)								
	Current Race Times					Workout Pace		
Group #	5K	10K	Half-Marathon	Marathon		Per Lap	Per Mile (1600)	Total Miles
1	14:00	29:20	1:05:06	2:16:46		1:13	4:53	4.1
2	15:00	31:27	1:09:54	2:26:59		1:18	5:13	3.8
3	16:00	33:35	1:14:43	2:37:15		1:23	5:32	3.6
4	17:00	35:43	1:19:33	2:47:35		1:28	5:52	3.4
5	18:00	37:52	1:24:24	2:57:59		1:33	6:12	3.2
6	19:00	40:01	1:29:17	3:08:27		1:37	6:31	3.1
7	20:00	42:09	1:34:10	3:18:59		1:42	6:51	2.9
8	21:00	44:19	1:39:05	3:29:35		1:47	7:10	2.8
9	22:00	46:28	1:44:02	3:40:14		1:52	7:30	2.7
10	23:00	48:38	1:48:59	3:50:58		1:57	7:50	2.6
11	24:00	50:48	1:53:58	4:01:45		2:02	8:09	2.5
12	25:00	52:58	1:58:57	4:12:37		2:07	8:29	2.4
13	26:00	55:09	2:03:59	4:23:33		2:12	8:48	2.3
14	27:00	57:19	2:09:01	4:34:32		2:17	9:08	2.2
15	28:00	59:30	2:14:05	4:45:36		2:21	9:27	2.1
16	29:00	1:01:42	2:19:10	4:56:45		2:26	9:47	2
17	30:00	1:03:53	2:24:16	5:07:57		2:31	10:06	2
18	31:00	1:06:05	2:29:24	5:19:14		2:36	10:25	1.9
19	32:00	1:08:17	2:34:33	5:30:35		2:41	10:44	1.9