

Eastside Runners

Tempo

Wednesday, December 13, 2023**Workout starts at 6PM, Arrive earlier to warm up****1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)****Workout:****4 X Mile at half-marathon pace with only 60-90 seconds rest between each.****Beginning runners may want to scale back the workout (e.g. 2 X Mile or 4 X 800 [2 laps] at same pace)**

Group #	Current Race Times				Workout Pace	
	5K	10K	Half-Marathon	Marathon	Per Lap	Per Mile (1600)
1	14:00	29:20	1:05:06	2:16:46	1:14	4:56
2	15:00	31:27	1:09:54	2:26:59	1:19	5:18
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	1:36	6:24
6	19:00	40:01	1:29:17	3:08:27	1:41	6:46
7	20:00	42:09	1:34:10	3:18:59	1:47	7:08
8	21:00	44:19	1:39:05	3:29:35	1:52	7:30
9	22:00	46:28	1:44:02	3:40:14	1:58	7:53
10	23:00	48:38	1:48:59	3:50:58	2:03	8:15
11	24:00	50:48	1:53:58	4:01:45	2:09	8:38
12	25:00	52:58	1:58:57	4:12:37	2:15	9:01
13	26:00	55:09	2:03:59	4:23:33	2:21	9:24
14	27:00	57:19	2:09:01	4:34:32	2:26	9:47
15	28:00	59:30	2:14:05	4:45:36	2:32	10:10
16	29:00	1:01:42	2:19:10	4:56:45	2:38	10:33
17	30:00	1:03:53	2:24:16	5:07:57	2:44	10:56
18	31:00	1:06:05	2:29:24	5:19:14	2:49	11:19
19	32:00	1:08:17	2:34:33	5:30:35	2:55	11:43