

Wednesday, April 19, 2023

6PM Workout Start, Arrive earlier to warm up

Workout:

Group 1-8: 4 X 1200 Meters (3 Laps) w/ 400 jog recovery between each

Much faster than the 3/22/23 1200's

Group 9-12: 4 X 1000 Meters (2.5 Laps) w/ 400 jog recovery between each

Group 13-19: 4 X 800 Meters (2 Laps) w/ 400 jog recovery between each

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

Group #	Current Race Times				Workout Pace			
	5K	10K	Half-Marathon	Marathon	1200	1000	800	(per lap)
1	14:00	29:20	1:05:06	2:16:46	3:21	-		1:07
2	15:00	31:27	1:09:54	2:26:59	3:35	-		1:11
3	16:00	33:35	1:14:43	2:37:15	3:48	-		1:16
4	17:00	35:43	1:19:33	2:47:35	4:02	-		1:20
5	18:00	37:52	1:24:24	2:57:59	4:15	-		1:25
6	19:00	40:01	1:29:17	3:08:27	4:29	-		1:29
7	20:00	42:09	1:34:10	3:18:59	4:42	-		1:34
8	21:00	44:19	1:39:05	3:29:35	4:56	-		1:38
9	22:00	46:28	1:44:02	3:40:14	-	4:18		1:43
10	23:00	48:38	1:48:59	3:50:58	-	4:29		1:47
11	24:00	50:48	1:53:58	4:01:45	-	4:40		1:52
12	25:00	52:58	1:58:57	4:12:37	-	4:51		1:56
13	26:00	55:09	2:03:59	4:23:33	-	-	4:02	2:00
14	27:00	57:19	2:09:01	4:34:32	-	-	4:11	2:05
15	28:00	59:30	2:14:05	4:45:36	-	-	4:19	2:09
16	29:00	1:01:42	2:19:10	4:56:45	-	-	4:28	2:14
17	30:00	1:03:53	2:24:16	5:07:57	-	-	4:37	2:18
18	31:00	1:06:05	2:29:24	5:19:14	-	-	4:46	2:23
19	32:00	1:08:17	2:34:33	5:30:35	-	-	4:55	2:27