

Wednesday, May 17, 2023								
6PM Workout Start, Arrive earlier to warm up								
Workout will be held at Kirkland Middle School - 430 18th Ave, Kirkland, WA 98033								
1 Lap = 400 Meters								
4 Laps = 1 Mile								
<u>Workout</u>								
2 X 15 min at Half-Marathon pace w/ 5 min jog between								
Current Race Times					<u>Workout Pace</u>			
Group #	<u>5K</u>	<u>10K</u>	<u>Half-Marathon</u>	<u>Marathon</u>	<u>Per Lap</u>	<u>Per Mile (1600)</u>	<u>Approx Miles in 15 min</u>	
1	14:00	29:20	1:05:06	2:16:46	1:14	4:56	3.0	
2	15:00	31:27	1:09:54	2:26:59	1:19	5:18	2.8	
3	16:00	33:35	1:14:43	2:37:15	1:24	5:39	2.7	
4	17:00	35:43	1:19:33	2:47:35	1:30	6:01	2.5	
5	18:00	37:52	1:24:24	2:57:59	1:36	6:24	2.3	
6	19:00	40:01	1:29:17	3:08:27	1:41	6:46	2.2	
7	20:00	42:09	1:34:10	3:18:59	1:47	7:08	2.1	
8	21:00	44:19	1:39:05	3:29:35	1:52	7:30	2.0	
9	22:00	46:28	1:44:02	3:40:14	1:58	7:53	1.9	
10	23:00	48:38	1:48:59	3:50:58	2:03	8:15	1.8	
11	24:00	50:48	1:53:58	4:01:45	2:09	8:38	1.7	
12	25:00	52:58	1:58:57	4:12:37	2:15	9:01	1.7	
13	26:00	55:09	2:03:59	4:23:33	2:21	9:24	1.6	
14	27:00	57:19	2:09:01	4:34:32	2:26	9:47	1.5	
15	28:00	59:30	2:14:05	4:45:36	2:32	10:10	1.5	
16	29:00	1:01:42	2:19:10	4:56:45	2:38	10:33	1.4	
17	30:00	1:03:53	2:24:16	5:07:57	2:44	10:56	1.4	
18	31:00	1:06:05	2:29:24	5:19:14	2:49	11:19	1.3	
19	32:00	1:08:17	2:34:33	5:30:35	2:55	11:43	1.3	