

<b>Wednesday, June 21, 2023</b>									
<b>6PM Workout Start, Arrive earlier to warm up</b>									
<b>1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)</b>									
<b>Workout:</b>									
<b>Group 1-9: 4 X 1200 Meters w/ 800 jog recovery between each</b>									
<b>Group 10-14: 4 X 1000 Meters w/ 600 jog recovery between each</b>									
<b>Group 15-19: 4 X 800 Meters w/ 400 jog recovery between each</b>									
	<b>Current Race Times</b>					<b>Workout Pace</b>			
<b>Group #</b>	<b><u>5K</u></b>	<b><u>10K</u></b>	<b><u>Half-Marathon</u></b>	<b><u>Marathon</u></b>		<b><u>1200</u></b>	<b><u>1000</u></b>	<b><u>800</u></b>	<b>(per lap)</b>
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		5:09	-		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		-	5:02		2:00
14	27:00	57:19	2:09:01	4:34:32		-	5:13		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