

**Eastside Runners Track Workout
Wednesday, June 7, 2023**

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

Workout:

**3 Mile Tempo run followed by 2 X 800
Recovery = 600 meters jog after tempo and also between 800s**

Less experienced runners and Groups 12-19 may want to start with 1.5 or 2 miles instead of 3.

Group #	Current Race Times				Workout Pace				
	5K	10K	Half-Marathon	Marathon	3 Mile Tempo	Tempo (per mile)	Tempo (per lap)	800	800 (per lap)
1	14:00	29:20	1:05:06	2:16:46	14:48	4:56	1:14	2:13	1:06
2	15:00	31:27	1:09:54	2:26:59	15:54	5:18	1:19	2:22	1:11
3	16:00	33:35	1:14:43	2:37:15	16:59	5:39	1:24	2:31	1:15
4	17:00	35:43	1:19:33	2:47:35	18:05	6:01	1:30	2:39	1:19
5	18:00	37:52	1:24:24	2:57:59	19:12	6:24	1:36	2:48	1:24
6	19:00	40:01	1:29:17	3:08:27	20:18	6:46	1:41	2:57	1:28
7	20:00	42:09	1:34:10	3:18:59	21:25	7:08	1:47	3:06	1:33
8	21:00	44:19	1:39:05	3:29:35	22:32	7:30	1:52	3:15	1:37
9	22:00	46:28	1:44:02	3:40:14	23:40	7:53	1:58	3:24	1:42
10	23:00	48:38	1:48:59	3:50:58	24:47	8:15	2:03	3:33	1:46
11	24:00	50:48	1:53:58	4:01:45	25:55	8:38	2:09	3:42	1:51
12	25:00	52:58	1:58:57	4:12:37	27:03	9:01	2:15	3:50	1:55
13	26:00	55:09	2:03:59	4:23:33	28:12	9:24	2:21	3:59	1:59
14	27:00	57:19	2:09:01	4:34:32	29:21	9:47	2:26	4:08	2:04
15	28:00	59:30	2:14:05	4:45:36	30:30	10:10	2:32	4:17	2:08
16	29:00	1:01:42	2:19:10	4:56:45	31:39	10:33	2:38	4:25	2:12
17	30:00	1:03:53	2:24:16	5:07:57	32:49	10:56	2:44	4:34	2:17
18	31:00	1:06:05	2:29:24	5:19:14	33:59	11:19	2:49	4:43	2:21
19	32:00	1:08:17	2:34:33	5:30:35	35:09	11:43	2:55	4:52	2:26