

Eastside Runners Track Workout**Wednesday, August 2, 2023****Workout starts at 6PM, Arrive earlier to warm up****1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)****8 X 500 Meters (Recovery = 1 minute rest between each)****More experienced runners may want to run 9 or 10 X 500; Lesser experienced runners may want to run 4-6 X 500.**

	Current Race Times				Workout Pace	
Group #	5K	10K	Half-Marathon	Marathon	500 Meters	Per Lap
1	14:00	29:20	1:05:06	2:16:46	1:24	1:07
2	15:00	31:27	1:09:54	2:26:59	1:29	1:11
3	16:00	33:35	1:14:43	2:37:15	1:35	1:16
4	17:00	35:43	1:19:33	2:47:35	1:41	1:20
5	18:00	37:52	1:24:24	2:57:59	1:46	1:25
6	19:00	40:01	1:29:17	3:08:27	1:52	1:29
7	20:00	42:09	1:34:10	3:18:59	1:57	1:34
8	21:00	44:19	1:39:05	3:29:35	2:03	1:38
9	22:00	46:28	1:44:02	3:40:14	2:09	1:43
10	23:00	48:38	1:48:59	3:50:58	2:14	1:47
11	24:00	50:48	1:53:58	4:01:45	2:20	1:52
12	25:00	52:58	1:58:57	4:12:37	2:25	1:56
13	26:00	55:09	2:03:59	4:23:33	2:31	2:00
14	27:00	57:19	2:09:01	4:34:32	2:36	2:05
15	28:00	59:30	2:14:05	4:45:36	2:42	2:09
16	29:00	1:01:42	2:19:10	4:56:45	2:47	2:14
17	30:00	1:03:53	2:24:16	5:07:57	2:53	2:18
18	31:00	1:06:05	2:29:24	5:19:14	2:58	2:22
19	32:00	1:08:17	2:34:33	5:30:35	3:04	2:27