

Eastside Runners

Wednesday, February 21, 2024

Workout starts at 6PM, Arrive earlier to warm up

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

Workout Option 1:

Reps

3 Sets of 200-200-800

Recovery = Jog 200 after hard 200, jog 800 after hard 800

Group #	Current Race Times				Workout Pace	
	5K	10K	Half-Marathon	Marathon	200	800
1	14:00	29:20	1:05:06	2:16:46	:29	2:08
2	15:00	31:27	1:09:54	2:26:59	:31	2:17
3	16:00	33:35	1:14:43	2:37:15	:33	2:27
4	17:00	35:43	1:19:33	2:47:35	:35	2:35
5	18:00	37:52	1:24:24	2:57:59	:38	2:46
6	19:00	40:01	1:29:17	3:08:27	:40	2:54
7	20:00	42:09	1:34:10	3:18:59	:42	3:05
8	21:00	44:19	1:39:05	3:29:35	:44	3:13
9	22:00	46:28	1:44:02	3:40:14	:46	3:24
10	23:00	48:38	1:48:59	3:50:58	:48	3:32
11	24:00	50:48	1:53:58	4:01:45	:50	3:43
12	25:00	52:58	1:58:57	4:12:37	:52	3:51
13	26:00	55:09	2:03:59	4:23:33	:55	4:02
14	27:00	57:19	2:09:01	4:34:32	:57	4:10
15	28:00	59:30	2:14:05	4:45:36	:59	4:18
16	29:00	1:01:42	2:19:10	4:56:45	1:01	4:29
17	30:00	1:03:53	2:24:16	5:07:57	1:03	4:37
18	31:00	1:06:05	2:29:24	5:19:14	1:05	4:48
19	32:00	1:08:17	2:34:33	5:30:35	1:10	4:56

Workout Option 2:

2 X 15 min at Half-Marathon pace w/ 5 min jog between

Group #	Current Race Times				Workout Pace		
	5K	10K	Half-Marathon	Marathon	Per Lap	Per Mile (1600)	Approx. Miles in 15 min
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