

Eastside Runners Track Workout

Tuesday, April 3, 2024

Reps

6 PM Start - Get there early to warm up.

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

Workout Option 1:

16 X 200 Meters

Recovery = slow 200 meter jog between each

Note: Stick to times on chart, **NOT** faster.

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

Workout Option 2 :

4-5 Mile Tempo Run (continuous) - Alternate "slow" and fast miles

Max of 45 min

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