

Eastside Runners Track Workout						
Wednesday, April, 24 2024						
6PM Workout Start, Arrive earlier to warm up				Reps		
1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)						
Workout:						
Option 1: 36 minute Fartlek workout as follows (Seattle marathoners, see Option 2 below):						
6 sets of 3 minutes hard, 2 minutes easy followed by 3 sets of 1 minute hard, 1 minute easy						
We will gather into groups and rotate leaders each interval. You cannot pass the leader of your group.						
You have the option of having two leaders during each 3 minute hard interval (switch leaders after 90 seconds)						
There is no need to measure the distance you've covered during the "hard" portions.						
Current Race Times						
Group #	5K	10K	Half-Marathon	Marathon		
1	14:00	29:20	1:05:06	2:16:46		
2	15:00	31:27	1:09:54	2:26:59		
3	16:00	33:35	1:14:43	2:37:15		
4	17:00	35:43	1:19:33	2:47:35		
5	18:00	37:52	1:24:24	2:57:59		
6	19:00	40:01	1:29:17	3:08:27		
7	20:00	42:09	1:34:10	3:18:59		
8	21:00	44:19	1:39:05	3:29:35		
9	22:00	46:28	1:44:02	3:40:14		
10	23:00	48:38	1:48:59	3:50:58		
11	24:00	50:48	1:53:58	4:01:45		
12	25:00	52:58	1:58:57	4:12:37		
13	26:00	55:09	2:03:59	4:23:33		
14	27:00	57:19	2:09:01	4:34:32		
15	28:00	59:30	2:14:05	4:45:36		
16	29:00	1:01:42	2:19:10	4:56:45		
17	30:00	1:03:53	2:24:16	5:07:57		
18	31:00	1:06:05	2:29:24	5:19:14		
19	32:00	1:08:17	2:34:33	5:30:35		
Option 2 - Marathon Workout						
6 Miles at Goal Marathon Pace						
Current Race Times						
Group #	5K	10K	Half-Marathon	Marathon	Workout Pace	
					Per Lap	Per Mile (1600)
1	14:00	29:20	1:05:06	2:16:46	1:17	5:11
2	15:00	31:27	1:09:54	2:26:59	1:23	5:34
3	16:00	33:35	1:14:43	2:37:15	1:29	5:57
4	17:00	35:43	1:19:33	2:47:35	1:35	6:21
5	18:00	37:52	1:24:24	2:57:59	1:41	6:44
6	19:00	40:01	1:29:17	3:08:27	1:47	7:08
7	20:00	42:09	1:34:10	3:18:59	1:53	7:32
8	21:00	44:19	1:39:05	3:29:35	1:59	7:56
9	22:00	46:28	1:44:02	3:40:14	2:05	8:21
10	23:00	48:38	1:48:59	3:50:58	2:11	8:45
11	24:00	50:48	1:53:58	4:01:45	2:17	9:10
12	25:00	52:58	1:58:57	4:12:37	2:23	9:34
13	26:00	55:09	2:03:59	4:23:33	2:29	9:59
14	27:00	57:19	2:09:01	4:34:32	2:36	10:24
15	28:00	59:30	2:14:05	4:45:36	2:42	10:49
16	29:00	1:01:42	2:19:10	4:56:45	2:48	11:15
17	30:00	1:03:53	2:24:16	5:07:57	2:55	11:40