

<b>Eastside Runners Track Workout</b>									
<b>Wednesday, May 1, 2024</b>							Interval		
<b>Arrive early to warm up. Be ready for the workout at 6</b>									
<b>1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)</b>									
<b>8 X 500 Meters (Recovery = 1 minute rest between each)</b>									
<b>More experienced runners may want to run 9 or 10 X 500; Lesser experienced runners may want to run 4-6 X 500.</b>									
	<b>Current Race Times</b>					<b>Workout Pace</b>			
<b>Group #</b>	<b><u>5K</u></b>	<b><u>10K</u></b>	<b><u>Half-Marathon</u></b>	<b><u>Marathon</u></b>		<b><u>500 Meters</u></b>	<b><u>Per Lap</u></b>		
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		