

Eastside Runners Track Workout														
Wednesday May 22, 2024														
Interval														
6PM Workout Start, Arrive earlier to warm up														
1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)														
Workout:														
1600-1200-1000-800														
Recovery = 800 meter jog between each interval														
Less experienced runners may want to cut back the workout (e.g. skip the 1600 and run 1200-1000-800)														
					Workout Pace									
Current Race Times					<u>1600</u>	<u>1600</u>	<u>1200</u>	<u>1200</u>	<u>1000</u>	<u>1000</u>	<u>800</u>	<u>800</u>		
Group #	<u>5K</u>	<u>10K</u>	<u>Half-Marathon</u>	<u>Marathon</u>	(per lap)	(per lap)	(per lap)	(per lap)	(per lap)	(per lap)	(per lap)	(per lap)		
1	14:00	29:20	1:05:06	2:16:46	4:37	1:09	3:23	1:07	2:48	1:07	2:13	1:06		
2	15:00	31:27	1:09:54	2:26:59	4:55	1:13	3:37	1:12	2:59	1:11	2:22	1:11		
3	16:00	33:35	1:14:43	2:37:15	5:14	1:18	3:51	1:17	3:10	1:16	2:31	1:15		
4	17:00	35:43	1:19:33	2:47:35	5:32	1:23	4:04	1:21	3:22	1:20	2:39	1:19		
5	18:00	37:52	1:24:24	2:57:59	5:51	1:27	4:18	1:26	3:33	1:25	2:48	1:24		
6	19:00	40:01	1:29:17	3:08:27	6:09	1:32	4:31	1:30	3:44	1:29	2:57	1:28		
7	20:00	42:09	1:34:10	3:18:59	6:28	1:37	4:45	1:35	3:55	1:34	3:06	1:33		
8	21:00	44:19	1:39:05	3:29:35	6:46	1:41	4:59	1:39	4:06	1:38	3:15	1:37		
9	22:00	46:28	1:44:02	3:40:14	7:05	1:46	5:12	1:44	4:18	1:43	3:24	1:42		
10	23:00	48:38	1:48:59	3:50:58	7:23	1:50	5:26	1:48	4:29	1:47	3:33	1:46		
11	24:00	50:48	1:53:58	4:01:45	7:41	1:55	5:39	1:53	4:40	1:52	3:42	1:51		
12	25:00	52:58	1:58:57	4:12:37	8:00	2:00	5:53	1:57	4:51	1:56	3:50	1:55		
13	26:00	55:09	2:03:59	4:23:33	8:19	2:04	6:06	2:02	5:02	2:00	3:59	1:59		
14	27:00	57:19	2:09:01	4:34:32	8:38	2:09	6:20	2:06	5:13	2:05	4:08	2:04		
15	28:00	59:30	2:14:05	4:45:36	8:57	2:14	6:33	2:11	5:24	2:09	4:17	2:08		
16	29:00	1:01:42	2:19:10	4:56:45	9:16	2:19	6:46	2:15	5:35	2:14	4:25	2:12		
17	30:00	1:03:53	2:24:16	5:07:57	9:36	2:24	7:00	2:20	5:47	2:18	4:34	2:17		
18	31:00	1:06:05	2:29:24	5:19:14	9:55	2:28	7:13	2:24	5:57	2:22	4:43	2:21		
19	32:00	1:08:17	2:34:33	5:30:35	10:14	2:33	7:26	2:28	6:08	2:27	4:52	2:26		