

Eastside Runners Track Workout
Wednesday May 29, 2024

Tempo

6PM Workout Start, Arrive earlier to warm up

15 minute steady run at 10K race pace, 5 minute jog, then 2 X 400 w/ a 400 recovery jog between

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

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

15 min. at 10K pace		
Per Mile	Per Lap	Total Miles
4:41	1:10	3.2
5:01	1:15	3.0
5:22	1:20	2.8
5:42	1:25	2.6
6:03	1:30	2.5
6:24	1:36	2.3
6:44	1:41	2.2
7:05	1:46	2.1
7:26	1:51	2.0
7:46	1:56	1.9
8:07	2:01	1.8
8:28	2:07	1.8
8:49	2:12	1.7
9:10	2:17	1.6
9:31	2:22	1.6
9:52	2:28	1.5
10:13	2:33	1.5
10:34	2:38	1.4
10:55	2:43	1.4

2 X 400
400
1:01
1:05
1:10
1:14
1:19
1:23
1:28
1:32
1:37
1:41
1:46
1:50
1:55
1:59
2:03
2:08
2:12
2:17
2:21