

<b>Eastside Runners</b>							
<b>Wednesday January 17, 2024</b>							
<b>Workout starts at 6PM, Arrive earlier to warm up</b>							
<b>1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)</b>							
<b>Workout:</b>						Interval	Aggressive Pace
<b>3 X Mile</b>							
<b>Recovery = Slow 800 meter jog between each</b>							
<b>Current Race Times</b>					<b>Workout Pace</b>		
<b>Group #</b>	<b>5K</b>	<b>10K</b>	<b>Half-Marathon</b>	<b>Marathon</b>	<b>1600</b>	<b>(per lap)</b>	
1	14:00	29:20	1:05:06	2:16:46	4:37	1:09	
2	15:00	31:27	1:09:54	2:26:59	4:55	1:13	
3	16:00	33:35	1:14:43	2:37:15	5:14	1:18	
4	17:00	35:43	1:19:33	2:47:35	5:32	1:23	
5	18:00	37:52	1:24:24	2:57:59	5:51	1:27	
6	19:00	40:01	1:29:17	3:08:27	6:09	1:32	
7	20:00	42:09	1:34:10	3:18:59	6:28	1:37	
8	21:00	44:19	1:39:05	3:29:35	6:46	1:41	
9	22:00	46:28	1:44:02	3:40:14	7:05	1:46	
10	23:00	48:38	1:48:59	3:50:58	7:23	1:50	
11	24:00	50:48	1:53:58	4:01:45	7:41	1:55	
12	25:00	52:58	1:58:57	4:12:37	8:00	2:00	
13	26:00	55:09	2:03:59	4:23:33	8:19	2:04	
14	27:00	57:19	2:09:01	4:34:32	8:38	2:09	
15	28:00	59:30	2:14:05	4:45:36	8:57	2:14	
16	29:00	1:01:42	2:19:10	4:56:45	9:16	2:19	
17	30:00	1:03:53	2:24:16	5:07:57	9:36	2:24	
18	31:00	1:06:05	2:29:24	5:19:14	9:55	2:28	
19	32:00	1:08:17	2:34:33	5:30:35	10:14	2:33	