

Eastside Runners								
Wednesday, February 7, 2024								
Workout starts at 6PM, Arrive earlier to warm up								
1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)								
4 X 1200 (alternate slow-fast-slow-fast - See Chart)				Interval				
Recovery = 800 meter jog between each								
Groups 10 and higher may opt to run 800s instead of 1200s at same pace per lap								
Current Race Times					Workout Pace			
Group #	<u>5K</u>	<u>10K</u>	<u>Half-Marathon</u>	<u>Marathon</u>	<u>1200 "slow"</u>	<u>"slow" per lap</u>	<u>1200 Fast</u>	<u>Fast per lap</u>
1	14:00	29:20	1:05:06	2:16:46	3:24	1:08	3:19	1:06
2	15:00	31:27	1:09:54	2:26:59	3:38	1:12	3:33	1:11
3	16:00	33:35	1:14:43	2:37:15	3:51	1:17	3:46	1:15
4	17:00	35:43	1:19:33	2:47:35	4:05	1:21	4:00	1:20
5	18:00	37:52	1:24:24	2:57:59	4:18	1:26	4:13	1:24
6	19:00	40:01	1:29:17	3:08:27	4:32	1:30	4:27	1:29
7	20:00	42:09	1:34:10	3:18:59	4:45	1:35	4:40	1:33
8	21:00	44:19	1:39:05	3:29:35	4:59	1:39	4:54	1:38
9	22:00	46:28	1:44:02	3:40:14	5:12	1:44	5:07	1:42
10	23:00	48:38	1:48:59	3:50:58	5:26	1:48	5:21	1:47
11	24:00	50:48	1:53:58	4:01:45	5:39	1:53	5:34	1:51
12	25:00	52:58	1:58:57	4:12:37	5:52	1:57	5:47	1:55
13	26:00	55:09	2:03:59	4:23:33	6:06	2:02	6:01	2:00
14	27:00	57:19	2:09:01	4:34:32	6:19	2:06	6:14	2:04
15	28:00	59:30	2:14:05	4:45:36	6:32	2:10	6:27	2:09
16	29:00	1:01:42	2:19:10	4:56:45	6:45	2:15	6:40	2:13
17	30:00	1:03:53	2:24:16	5:07:57	6:59	2:19	6:54	2:18
18	31:00	1:06:05	2:29:24	5:19:14	7:12	2:24	7:07	2:22
19	32:00	1:08:17	2:34:33	5:30:35	7:25	2:28	7:20	2:26