

Eastside Runners Track Workout

Wednesday, February 28, 2024

1 or 2 sets of 400-400-800-1600

Recovery = Jog 400 after 400s and 800s; Jog 800 after 1600

1 Lap = 400 Meters

Interval

Group #	Current Race Times			
	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

Workout Pace				
400	800	(800	1600	(1600
		per lap)		per lap)
1:01	2:13	1:06	4:37	1:09
1:05	2:22	1:11	4:55	1:13
1:10	2:31	1:15	5:14	1:18
1:14	2:39	1:19	5:32	1:23
1:19	2:48	1:24	5:51	1:27
1:23	2:57	1:28	6:09	1:32
1:28	3:06	1:33	6:28	1:37
1:32	3:15	1:37	6:46	1:41
1:37	3:24	1:42	7:05	1:46
1:41	3:33	1:46	7:23	1:50
1:46	3:42	1:51	7:41	1:55
1:50	3:50	1:55	8:00	2:00
1:55	3:59	1:59	8:19	2:04
1:59	4:08	2:04	8:38	2:09
2:03	4:17	2:08	8:57	2:14
2:08	4:25	2:12	9:16	2:19
2:12	4:34	2:17	9:36	2:24
2:17	4:43	2:21	9:55	2:28
2:21	4:52	2:26	10:14	2:33