

Training Paces From Recent Race Performances

| Training Intensities Based on Current VDOT |      |        |       |       |               |           |               |                |        |       |               |      |      |      |        |        |                 |      |      |      |      |      |                         |      |      |       |
|--|------|--------|-------|-------|---------------|-----------|---------------|----------------|--------|-------|---------------|------|------|------|--------|--------|-----------------|------|------|------|------|------|-------------------------|------|------|-------|
| RACE PERFORMANCES                          |      |        |       |       |               | Easy Pace | Marathon Pace | Threshold Pace |        |       | Interval Pace |      |      |      |        |        | Repetition Pace |      |      |      |      |      | Race Paces per 400m Lap |      |      |       |
| VDOT Value                                 | Mile | 3,000m | 5k    | 10k   | Half Marathon | Per Mile  | Per Mile      | 400m           | 1,000m | Mile  | 300m          | 400m | 600m | 800m | 1,000m | 1,200m | 1600m           | 100m | 200m | 300m | 400m | 600m | 800m                    | 5K   | 3K   | 1Mile |
| 30   | 9:11 | 17:56  | 30:40 | 63:46 | 2:21:04       | 12:40     | 11:01         | 2:33           | 6:24   | 10:18 | 1:46          | 2:21 | 3:32 | 4:42 | 5:53   | 7:03   | 9:25            | 0:34 | 1:08 | 1:42 | 2:16 | 3:24 | 4:31                    | 2:27 | 2:23 | 2:17  |
| 31   | 8:55 | 17:27  | 29:51 | 62:03 | 2:17:21       | 12:22     | 10:45         | 2:30           | 6:14   | 10:02 | 1:43          | 2:18 | 3:26 | 4:35 | 5:44   | 6:53   | 9:10            | 0:33 | 1:06 | 1:39 | 2:12 | 3:18 | 4:24                    | 2:23 | 2:19 | 2:13  |
| 32   | 8:41 | 16:59  | 29:05 | 60:26 | 2:13:49       | 12:04     | 10:29         | 2:26           | 6:05   | 9:47  | 1:41          | 2:14 | 3:21 | 4:28 | 5:35   | 6:42   | 8:56            | 0:32 | 1:04 | 1:36 | 2:09 | 3:13 | 4:17                    | 2:19 | 2:15 | 2:10  |
| 33   | 8:27 | 16:33  | 28:21 | 58:54 | 2:10:27       | 11:48     | 10:14         | 2:23           | 5:56   | 9:33  | 1:38          | 2:11 | 3:16 | 4:22 | 5:27   | 6:33   | 8:44            | 0:31 | 1:03 | 1:34 | 2:05 | 3:08 | 4:11                    | 2:15 | 2:12 | 2:06  |
| 34   | 8:14 | 16:09  | 27:39 | 57:26 | 2:07:16       | 11:32     | 10:00         | 2:19           | 5:48   | 9:20  | 1:36          | 2:08 | 3:12 | 4:16 | 5:20   | 6:23   | 8:31            | 0:31 | 1:01 | 1:32 | 2:02 | 3:03 | 4:04                    | 2:12 | 2:09 | 2:03  |
| 35   | 8:01 | 15:45  | 27:00 | 56:03 | 2:04:13       | 11:17     | 9:46          | 2:16           | 5:40   | 9:07  | 1:34          | 2:05 | 3:07 | 4:10 | 5:12   | 6:15   | 8:20            | 0:30 | 1:00 | 1:29 | 1:59 | 2:59 | 3:58                    | 2:09 | 2:06 | 2:00  |
| 36   | 7:49 | 15:23  | 26:22 | 54:44 | 2:01:19       | 11:02     | 9:33          | 2:13           | 5:33   | 8:55  | 1:32          | 2:02 | 3:03 | 4:04 | 5:05   | 6:06   | 8:08            | 0:29 | 0:58 | 1:27 | 1:56 | 2:54 | 3:53                    | 2:06 | 2:03 | 1:57  |
| 37   | 7:38 | 15:01  | 25:46 | 53:29 | 1:58:34       | 10:49     | 9:20          | 2:10           | 5:25   | 8:44  | 1:30          | 1:59 | 2:59 | 3:59 | 4:59   | 5:58   | 7:58            | 0:28 | 0:57 | 1:25 | 1:54 | 2:50 | 3:47                    | 2:03 | 2:00 | 1:54  |
| 38   | 7:27 | 14:41  | 25:12 | 52:17 | 1:55:55       | 10:35     | 9:08          | 2:07           | 5:19   | 8:33  | 1:28          | 1:57 | 2:56 | 3:54 | 4:53   | 5:51   | 7:49            | 0:28 | 0:56 | 1:23 | 1:51 | 2:47 | 3:43                    | 2:00 | 1:57 | 1:51  |
| 39   | 7:17 | 14:21  | 24:39 | 51:09 | 1:53:24       | 10:23     | 8:57          | 2:05           | 5:12   | 8:22  | 1:26          | 1:54 | 2:52 | 3:49 | 4:46   | 5:43   | 7:38            | 0:27 | 0:54 | 1:21 | 1:49 | 2:43 | 3:37                    | 1:58 | 1:54 | 1:49  |
| 40   | 7:07 | 14:03  | 24:08 | 50:03 | 1:50:59       | 10:11     | 8:46          | 2:02           | 5:06   | 8:12  | 1:24          | 1:52 | 2:49 | 3:45 | 4:41   | 5:37   | 7:30            | 0:27 | 0:53 | 1:20 | 1:46 | 2:40 | 3:33                    | 1:55 | 1:52 | 1:46  |
| 41   | 6:58 | 13:45  | 23:38 | 49:01 | 1:48:40       | 9:59      | 8:35          | 2:00           | 5:00   | 8:02  | 1:23          | 1:50 | 2:45 | 3:40 | 4:35   | 5:30   | 7:21            | 0:26 | 0:52 | 1:18 | 1:44 | 2:36 | 3:28                    | 1:53 | 1:50 | 1:44  |
| 42   | 6:49 | 13:28  | 23:09 | 48:01 | 1:46:27       | 9:48      | 8:25          | 1:57           | 4:54   | 7:52  | 1:21          | 1:48 | 2:42 | 3:36 | 4:30   | 5:23   | 7:11            | 0:25 | 0:51 | 1:16 | 1:42 | 2:33 | 3:24                    | 1:51 | 1:47 | 1:42  |
| 43   | 6:41 | 13:11  | 22:41 | 47:04 | 1:44:20       | 9:37      | 8:15          | 1:55           | 4:49   | 7:42  | 1:19          | 1:46 | 2:39 | 3:32 | 4:24   | 5:17   | 7:03            | 0:25 | 0:50 | 1:15 | 1:40 | 2:30 | 3:19                    | 1:48 | 1:45 | 1:40  |
| 44   | 6:32 | 12:55  | 22:15 | 46:09 | 1:42:17       | 9:27      | 8:06          | 1:53           | 4:43   | 7:33  | 1:18          | 1:44 | 2:36 | 3:28 | 4:20   | 5:12   | 6:55            | 0:24 | 0:49 | 1:13 | 1:38 | 2:27 | 3:16                    | 1:46 | 1:43 | 1:38  |
| 45   | 6:25 | 12:40  | 21:50 | 45:16 | 1:40:20       | 9:17      | 7:57          | 1:51           | 4:38   | 7:25  | 1:17          | 1:42 | 2:33 | 3:24 | 4:15   | 5:06   | 6:49            | 0:24 | 0:48 | 1:12 | 1:36 | 2:24 | 3:12                    | 1:44 | 1:41 | 1:36  |
| 46   | 6:17 | 12:26  | 21:25 | 44:25 | 1:38:27       | 9:07      | 7:48          | 1:49           | 4:33   | 7:17  | 1:15          | 1:40 | 2:30 | 3:20 | 4:10   | 5:00   | 6:41            | 0:24 | 0:47 | 1:11 | 1:34 | 2:21 | 3:08                    | 1:42 | 1:39 | 1:34  |
| 47   | 6:10 | 12:12  | 21:02 | 43:36 | 1:36:38       | 8:58      | 7:40          | 1:47           | 4:29   | 7:10  | 1:14          | 1:38 | 2:28 | 3:17 | 4:06   | 4:55   | 6:34            | 0:23 | 0:46 | 1:09 | 1:32 | 2:18 | 3:05                    | 1:40 | 1:37 | 1:32  |
| 48   | 6:03 | 11:58  | 20:39 | 42:50 | 1:34:53       | 8:49      | 7:32          | 1:45           | 4:24   | 7:02  | 1:13          | 1:37 | 2:25 | 3:13 | 4:02   | 4:50   | 6:27            | 0:23 | 0:45 | 1:08 | 1:31 | 2:16 | 3:01                    | 1:38 | 1:35 | 1:30  |
| 49   | 5:56 | 11:45  | 20:18 | 42:04 | 1:33:12       | 8:40      | 7:24          | 1:43           | 4:20   | 6:55  | 1:11          | 1:35 | 2:23 | 3:11 | 3:58   | 4:46   | 6:21            | 0:22 | 0:45 | 1:07 | 1:29 | 2:14 | 2:58                    | 1:37 | 1:34 | 1:29  |
| 50   | 5:50 | 11:33  | 19:57 | 41:21 | 1:31:35       | 8:32      | 7:17          | 1:42           | 4:15   | 6:51  | 1:10          | 1:34 | 2:20 | 3:07 | 3:54   | 4:41   | 6:14            | 0:22 | 0:44 | 1:06 | 1:27 | 2:11 | 2:55                    | 1:35 | 1:32 | 1:27  |
| 51   | 5:44 | 11:21  | 19:36 | 40:39 | 1:30:02       | 8:24      | 7:09          | 1:40           | 4:11   | 6:44  | 1:09          | 1:32 | 2:18 | 3:04 | 3:50   | 4:36   | 6:08            | 0:21 | 0:43 | 1:04 | 1:26 | 2:09 | 2:52                    | 1:33 | 1:30 | 1:26  |
| 52   | 5:38 | 11:09  | 19:17 | 39:59 | 1:28:31       | 8:16      | 7:02          | 98             | 4:07   | 6:38  | 1:08          | 1:31 | 2:16 | 3:01 | 3:47   | 4:32   | 6:03            | 0:21 | 0:42 | 1:03 | 1:24 | 2:07 | 2:49                    | 1:32 | 1:29 | 1:24  |
| 53   | 5:32 | 10:58  | 18:58 | 39:20 | 1:27:04       | 8:09      | 6:56          | 97             | 4:04   | 6:32  | 1:07          | 1:29 | 2:14 | 2:58 | 3:43   | 4:28   | 5:57            | 0:21 | 0:41 | 1:02 | 1:23 | 2:04 | 2:46                    | 1:31 | 1:27 | 1:23  |
| 54   | 5:27 | 10:47  | 18:40 | 38:42 | 1:25:40       | 8:01      | 6:49          | 95             | 4:00   | 6:26  | 1:06          | 1:28 | 2:12 | 2:56 | 3:40   | 4:24   | 5:52            | 0:20 | 0:41 | 1:01 | 1:22 | 2:02 | 2:43                    | 1:30 | 1:26 | 1:21  |
| 55   | 5:21 | 10:37  | 18:22 | 38:06 | 1:24:18       | 7:54      | 6:43          | 94             | 3:56   | 6:20  | 1:05          | 1:27 | 2:10 | 2:53 | 3:36   | 4:20   | 5:46            | 0:20 | 0:40 | 1:00 | 1:20 | 2:00 | 2:41                    | 1:28 | 1:24 | 1:20  |
| 56   | 5:16 | 10:27  | 18:05 | 37:31 | 1:23:00       | 7:48      | 6:37          | 93             | 3:53   | 6:15  | 1:04          | 1:25 | 2:08 | 2:51 | 3:33   | 4:16   | 5:41            | 0:20 | 0:40 | 0:59 | 1:19 | 1:59 | 2:38                    | 1:26 | 1:23 | 1:19  |
| 57   | 5:11 | 10:17  | 17:49 | 36:57 | 1:21:43       | 7:41      | 6:31          | 91             | 3:50   | 6:09  | 1:03          | 1:24 | 2:06 | 2:48 | 3:30   | 4:12   | 5:36            | 0:19 | 0:39 | 0:58 | 1:18 | 1:57 | 2:36                    | 1:25 | 1:22 | 1:17  |
| 58   | 5:06 | 10:08  | 17:33 | 36:24 | 1:20:30       | 7:34      | 6:25          | 90             | 3:45   | 6:04  | 1:02          | 1:23 | 2:04 | 2:46 | 3:27   | 4:09   | 5:32            | 0:19 | 0:38 | 0:57 | 1:17 | 1:55 | 2:33                    | 1:24 | 1:21 | 1:16  |
| 59   | 5:02 | 9:58   | 17:17 | 35:52 | 1:19:18       | 7:28      | 6:19          | 89             | 3:43   | 5:59  | 1:01          | 1:22 | 2:03 | 2:44 | 3:24   | 4:05   | 5:27            | 0:19 | 0:38 | 0:57 | 1:15 | 1:53 | 2:31                    | 1:22 | 1:19 | 1:15  |
| 60   | 4:57 | 9:50   | 17:03 | 35:22 | 1:18:09       | 7:22      | 6:14          | 88             | 3:40   | 5:54  | 1:01          | 1:21 | 2:01 | 2:41 | 3:22   | 4:02   | 5:23            | 0:19 | 0:37 | 0:56 | 1:14 | 1:51 | 2:29                    | 1:21 | 1:18 | 1:14  |
| 61   | 4:53 | 9:41   | 16:48 | 34:52 | 1:17:02       | 7:16      | 6:09          | 86             | 3:37   | 5:50  | 1:00          | 1:20 | 1:59 | 2:39 | 3:19   | 3:59   | 5:18            | 0:18 | 0:37 | 0:55 | 1:13 | 1:50 | 2:26                    | 1:20 | 1:17 | 1:13  |
| 62   | 4:49 | 9:33   | 16:34 | 34:23 | 1:15:57       | 7:11      | 6:04          | 85             | 3:34   | 5:45  | 0:59          | 1:19 | 1:58 | 2:37 | 3:16   | 3:56   | 5:14            | 0:18 | 0:36 | 0:54 | 1:12 | 1:48 | 2:24                    | 1:19 | 1:16 | 1:12  |
| 63   | 4:45 | 9:25   | 16:20 | 33:55 | 1:14:54       | 7:05      | 5:59          | 84             | 3:32   | 5:41  | 0:58          | 1:17 | 1:56 | 2:35 | 3:14   | 3:52   | 5:10            | 0:18 | 0:36 | 0:53 | 1:11 | 1:47 | 2:22                    | 1:18 | 1:15 | 1:11  |
| 64   | 4:41 | 9:17   | 16:07 | 33:28 | 1:13:53       | 7:00      | 5:54          | 83             | 3:29   | 5:36  | 0:57          | 1:17 | 1:55 | 2:33 | 3:11   | 3:50   | 5:06            | 0:18 | 0:35 | 0:53 | 1:10 | 1:45 | 2:20                    | 1:17 | 1:14 | 1:10  |
| 65   | 4:37 | 9:09   | 15:54 | 33:01 | 1:12:53       | 6:54      | 5:49          | 82             | 3:26   | 5:32  | 0:57          | 1:16 | 1:53 | 2:31 | 3:09   | 3:47   | 5:02            | 0:17 | 0:35 | 0:52 | 1:09 | 1:44 | 2:18                    | 1:16 | 1:13 | 1:09  |
| 66   | 4:33 | 9:02   | 15:42 | 32:35 | 1:11:56       | 6:49      | 5:45          | 81             | 3:24   | 5:28  | 0:56          | 1:15 | 1:52 | 2:29 | 3:07   | 3:44   | 4:59            | 0:17 | 0:34 | 0:51 | 1:08 | 1:42 | 2:17                    | 1:15 | 1:12 | 1:08  |
| 67   | 4:30 | 8:55   | 15:29 | 32:11 | 1:11:00       | 6:44      | 5:40          | 80             | 3:21   | 5:24  | 0:55          | 1:14 | 1:51 | 2:27 | 3:04   | 3:41   | 4:55            | 0:17 | 0:34 | 0:50 | 1:07 | 1:41 | 2:15                    | 1:14 | 1:11 | 1:07  |
| 68   | 4:26 | 8:48   | 15:18 | 31:46 | 1:10:05       | 6:39      | 5:36          | 79             | 3:19   | 5:20  | 0:55          | 1:13 | 1:49 | 2:26 | 3:02   | 3:39   | 4:52            | 0:17 | 0:33 | 0:50 | 1:06 | 1:40 | 2:13                    | 1:13 | 1:10 | 1:06  |
| 69   | 4:23 | 8:41   | 15:06 | 31:23 | 1:09:12       | 6:35      | 5:32          | 78             | 3:16   | 5:16  | 0:54          | 1:12 | 1:48 | 2:24 | 3:00   | 3:36   | 4:48            | 0:16 | 0:33 | 0:49 | 1:06 | 1:38 | 2:11                    | 1:12 | 1:09 | 1:05  |
| 70   | 4:19 | 8:34   | 14:55 | 31:00 | 1:08:21       | 6:30      | 5:28          | 77             | 3:14   | 5:13  | 0:53          | 1:11 | 1:47 | 2:22 | 2:58   | 3:34   | 4:45            | 0:16 | 0:32 | 0:49 | 1:05 | 1:37 | 2:10                    | 1:12 | 1:08 | 1:04  |