

Training Intensities Based on Current VDOT

VDOT	E/L Pace		MP mile	T Pace			I Pace				R Pace		
	km	mile		400	1000	mile	400	1000	1200	mile	200	400	800
30	7:37	12:16	11:02	2:33	6:24	10:18	2:22	-----	-----	-----	67	2:16	-----
32	7:16	11:41	10:29	2:26	6:05	9:47	2:14	-----	-----	-----	63	2:08	-----
34	6:56	11:09	10:00	2:19	5:48	9:20	2:08	-----	-----	-----	60	2:02	-----
36	6:38	10:40	9:33	2:13	5:33	8:55	2:02	5:07	-----	-----	57	1:55	-----
38	6:22	10:14	9:08	2:07	5:19	8:33	1:56	4:54	-----	-----	54	1:50	-----
40	6:07	9:50	8:46	2:02	5:06	8:12	1:52	4:42	-----	-----	52	1:46	-----
42	5:53	9:28	8:25	1:57	4:54	7:52	1:46	4:31	-----	-----	50	1:42	-----
44	5:40	9:07	8:06	1:53	4:43	7:33	1:44	4:21	-----	-----	48	98	-----
45	5:34	8:58	7:57	1:51	4:38	7:25	1:42	4:16	-----	-----	47	96	-----
46	5:28	8:48	7:48	1:49	4:33	7:17	1:40	4:12	5:00	-----	46	94	-----
47	5:23	8:39	7:40	1:47	4:29	7:10	98	4:07	4:54	-----	45	92	-----
48	5:17	8:31	7:32	1:45	4:24	7:02	96	4:03	4:49	-----	44	90	-----
49	5:12	8:22	7:24	1:43	4:20	6:55	95	3:59	4:45	-----	44	89	-----
50	5:07	8:14	7:17	1:42	4:15	6:51	93	3:55	4:41	-----	43	87	-----
51	5:02	8:07	7:09	1:40	4:11	6:44	92	3:51	4:36	-----	42	86	-----
52	4:58	7:59	7:02	98	4:07	6:38	91	3:48	4:33	-----	42	85	-----
53	4:53	7:52	6:56	97	4:04	6:32	90	3:44	4:29	-----	41	84	-----
54	4:49	7:45	6:49	95	4:00	6:26	88	3:41	4:25	-----	40	82	-----
55	4:45	7:38	6:43	94	3:56	6:20	87	3:37	4:21	-----	40	81	-----
56	4:40	7:31	6:37	93	3:53	6:15	86	3:34	4:16	-----	39	80	-----
57	4:36	7:25	6:31	91	3:50	6:09	85	3:31	4:15	-----	39	79	-----
58	4:33	7:19	6:25	90	3:45	6:04	83	3:28	4:10	-----	38	77	-----
59	4:29	7:13	6:19	89	3:43	5:59	82	3:25	4:07	-----	37	76	-----
60	4:25	7:07	6:14	88	3:40	5:54	81	3:23	4:03	-----	37	75	2:30
61	4:22	7:01	6:09	86	3:37	5:50	80	3:20	4:00	-----	36	74	2:28
62	4:18	6:56	6:04	85	3:34	5:45	79	3:17	3:57	-----	36	73	2:26
63	4:15	6:50	5:59	84	3:32	5:41	78	3:15	3:54	-----	35	72	2:24
64	4:12	6:45	5:54	83	3:29	5:36	77	3:12	3:51	-----	35	71	2:22
65	4:09	6:40	5:49	82	3:26	5:32	76	3:10	3:48	-----	34	70	2:20
66	4:06	6:33	5:45	81	3:24	5:28	75	3:08	3:45	5:00	34	69	2:18
67	4:02	6:30	5:40	80	3:21	5:24	74	3:05	3:42	4:57	33	68	2:16
68	4:00	6:26	5:36	79	3:19	5:20	73	3:03	3:39	4:53	33	67	2:14
69	3:57	6:21	5:32	78	3:16	5:16	72	3:01	3:36	4:50	32	66	2:12
70	3:54	6:17	5:28	77	3:14	5:13	71	2:59	3:34	4:46	32	65	2:10
71	3:51	6:12	5:24	76	3:12	5:09	70	2:57	3:31	4:43	31	64	2:08
72	3:48	6:08	5:20	76	3:10	5:05	69	2:55	3:29	4:40	31	63	2:06
73	3:46	6:04	5:16	75	3:08	5:02	69	2:53	3:27	4:37	31	62	2:05
74	3:44	6:00	5:12	74	3:06	4:59	68	2:51	3:25	4:34	30	62	2:04
75	3:41	5:56	5:09	74	3:04	4:56	67	2:49	3:22	4:31	30	61	2:03
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