

PACE CHART: Tempo, Interval, and Rep Based Upon Jack Daniels' vDOT rankings

vDOT	T-PACE GOAL TIMES								I-PACE GOAL TIMES								R-PACE GOAL TIMES					vDOT
	200	400	600	800	1000	1200	1400	1600	200	400	600	800	1000	1200	1600	200	400	600	800	1600		
62	43	1:26	2:09	2:52	3:35	4:18	5:01	5:44	39.5	1:19	1:58.5	2:38	3:17.5	3:57	<i>5:16</i>	36.5	1:13	1:49.5	2:26	4:52	62	
61	44	1:28	2:12	2:56	3:40	4:24	5:08	5:52	40	1:20	2:00	2:40	3:20	4:00	<i>5:20</i>	37	1:14	1:51	2:28	4:56	61	
60	44.5	1:29	2:13.5	2:58	3:42.5	4:27	5:11.5	5:56	40.5	1:21	2:01.5	2:42	3:22.5	4:03	<i>5:24</i>	37.5	1:15	1:52.5	2:30	5:00	60	
59	45	1:30	2:15	3:00	3:45	4:30	5:15	6:00	41	1:22	2:03	2:44	3:25	4:06	<i>5:28</i>	38	1:16	1:54	2:32	5:04	59	
58	45.5	1:31	2:16.5	3:02	3:47.5	4:33	5:18.5	6:04	41.5	1:23	2:04.5	2:46	3:27.5	4:09	<i>5:32</i>	38.5	1:17	1:55.5	2:34	5:08	58	
57	46	1:32	2:18	3:04	3:50	4:36	5:22	6:08	42.5	1:25	2:07.5	2:50	3:32.5	4:15	<i>5:40</i>	39.5	1:19	1:58.5	2:38	5:16	57	
56	47	1:34	2:21	3:08	3:55	4:42	5:29	6:16	43	1:26	2:09	2:52	3:35	4:18	<i>5:44</i>	40	1:20	2:00	2:40	5:20	56	
54	48	1:36	2:24	3:12	4:00	4:48	5:36	6:24	44	1:28	2:12	2:56	3:40	4:24	<i>5:52</i>	41	1:22	2:03	2:44	5:28	54	
53	49	1:38	2:27	3:16	4:05	4:54	5:43	6:32	45	1:30	2:15	3:00	3:45	4:30	<i>6:00</i>	42	1:24	2:06	2:48	5:36	53	
52	49.5	1:39	2:28.5	3:18	4:07.5	4:57	5:46.5	6:36	45.5	1:31	2:16.5	3:02	3:47.5	4:33	<i>6:04</i>	42.5	1:25	2:07.5	2:50	5:40	52	
51	50.5	1:41	2:31.5	3:22	4:12.5	5:03	5:53.5	6:44	46	1:32	2:18	3:04	3:50	4:36	<i>6:08</i>	43	1:26	2:09	2:52	5:44	51	
50	51.5	1:43	2:34.5	3:26	4:17.5	5:09	6:00.5	6:52	47	1:34	2:21	3:08	3:55	4:42	<i>6:16</i>	43.5	1:27	2:10.5	2:54	5:48	50	
49	52	1:44	2:36	3:28	4:20	5:12	6:04	6:56	47.5	1:35	2:22.5	3:10	3:57.5	4:45	<i>6:20</i>	44.5	1:29	2:13.5	2:58	5:56	49	
48	53	1:46	2:39	3:32	4:25	5:18	6:11	7:04	48	1:36	2:24	3:12	4:00	4:48	<i>6:24</i>	45	1:30	2:15	3:00	6:00	48	
47	54	1:48	2:42	3:36	4:30	5:24	6:18	7:12	49	1:38	2:27	3:16	4:05	4:54	<i>6:32</i>	46	1:32	2:18	3:04	6:08	47	
45	55.5	1:51	2:46.5	3:42	4:37.5	5:33	6:28.5	7:24	51	1:42	2:33	3:24	4:15	5:06	<i>6:48</i>	48	1:36	2:24	3:12	6:24	45	
44	56.5	1:53	2:49.5	3:46	4:42.5	5:39	6:35.5	7:32	52	1:44	2:36	3:28	4:20	5:12	<i>6:56</i>	49	1:38	2:27	3:16	6:32	44	
43	58	1:56	2:54	3:52	4:50	5:48	6:46	7:44	53	1:46	2:39	3:32	4:25	5:18	<i>7:04</i>	50	1:40	2:30	3:20	6:40	43	
42	59	1:58	2:57	3:56	4:55	5:54	6:53	7:52	54	1:48	2:42	3:36	4:30	5:24	<i>7:12</i>	51	1:42	2:33	3:24	6:48	42	
41	60	2:00	3:00	4:00	5:00	6:00	7:00	8:00	55	1:50	2:45	3:40	4:35	5:30	<i>7:20</i>	52	1:44	2:36	3:28	6:56	41	
40	61.5	2:03	3:04.5	4:06	5:07.5	6:09	7:10.5	8:12	56	1:52	2:48	3:44	4:40	5:36	<i>7:28</i>	53	1:46	2:39	3:32	7:04	40	
39	62.5	2:05	3:07.5	4:10	5:12.5	6:15	7:17.5	8:20	57	1:54	2:51	3:48	4:45	5:42	<i>7:36</i>	54	1:48	2:42	3:36	7:12	39	
37	65	2:10	3:15	4:20	5:25	6:30	7:35	8:40	59.5	1:59	2:58.5	3:58	4:57.5	5:57	<i>7:56</i>	56.5	1:53	2:49.5	3:46	7:32	37	
36	67	2:14	3:21	4:28	5:35	6:42	7:49	8:56	61	2:02	3:03	4:04	5:05	6:06	<i>8:08</i>	57.5	1:55	2:52.5	3:50	7:40	36	
35	68	2:16	3:24	4:32	5:40	6:48	7:56	9:04	62.5	2:05	3:07.5	4:10	5:12.5	6:15	<i>8:20</i>	59	1:58	2:57	3:56	7:52	35	
34	70	2:20	3:30	4:40	5:50	7:00	8:10	9:20	64	2:08	3:12	4:16	5:20	6:24	<i>8:32</i>	61	2:02	3:03	4:04	8:08	34	
33	71	2:22	3:33	4:44	5:55	7:06	8:17	9:28	65.5	2:11	2:16.5	4:22	5:27.5	6:33	<i>8:44</i>	63	2:06	3:09	4:12	8:24	33	

T-Pace is Threshold Pace (pace you can maintain for 40-60min in a race, assuming you have the volume).

T-pace is about 86-88% of VO2Max or 90% of max. heart rate.

I-Pace is interval pace (pace you can maintain for 10-15 minutes in a race).

I-Pace should be trained at for no longer than a 5:00 interval (italicized marks are over 5:00).

R-pace is the pace specific to a given race. (1mile pace All-Out).

R-pace should be trained at for no longer than 2:30 interval (italicized marks are over 2:30).