

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 | 1:48 | 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 | 4:18 | ----- | 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 | 4:05 | 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 | 3:49 | 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 |
| 76 | 3:39 | 5:52 | 5:05 | 73 | 3:02 | 4:52 | 66 | 2:48 | 3:20 | 4:28 | 29 | 60 | 2:02 |
| 77 | 3:36 | 5:48 | 5:01 | 72 | 3:00 | 4:49 | 65 | 2:46 | 3:18 | 4:25 | 29 | 59 | 2:00 |
| 78 | 3:34 | 5:45 | 4:58 | 71 | 2:58 | 4:46 | 65 | 2:44 | 3:16 | 4:23 | 29 | 59 | 1:59 |
| 79 | 3:32 | 5:41 | 4:55 | 70 | 2:56 | 4:43 | 64 | 2:42 | 3:14 | 4:20 | 28 | 58 | 1:58 |
| 80 | 3:30 | 5:38 | 4:52 | 70 | 2:54 | 4:41 | 64 | 2:41 | 3:12 | 4:17 | 28 | 58 | 1:56 |
| 81 | 3:28 | 5:34 | 4:49 | 69 | 2:53 | 4:38 | 63 | 2:39 | 3:10 | 4:15 | 28 | 57 | 1:55 |
| 82 | 3:26 | 5:31 | 4:46 | 68 | 2:51 | 4:35 | 62 | 2:38 | 3:08 | 4:12 | 27 | 56 | 1:54 |
| 83 | 3:24 | 5:28 | 4:43 | 68 | 2:49 | 4:32 | 62 | 2:36 | 3:07 | 4:10 | 27 | 56 | 1:53 |
| 84 | 3:22 | 5:25 | 4:40 | 67 | 2:48 | 4:30 | 61 | 2:35 | 3:05 | 4:08 | 27 | 55 | 1:52 |
| 85 | 3:20 | 5:21 | 4:37 | 66 | 2:46 | 4:27 | 61 | 2:33 | 3:03 | 4:05 | 27 | 55 | 1:51 |