



Values are based on variants of Jack Daniels running formula

1 Mile Test	VDOT VALUE	Easy AR	Marathon MRP	Threshold AT	Predicted Finish		Threshold 400m	Interval 400m	Repetition 400m
					1/2 Marathon	Full Marathon			
5:00	59	7:11	6:19	5:58	1:19:18	2:45:47	1:29	1:22	1:16
5:15	56	7:29	6:37	6:14	1:23:00	2:53:20	1:33	1:25	1:19
5:30	53	7:49	6:56	6:29	1:27:04	3:01:39	1:37	1:29	1:23
5:45	51	8:08	7:17	6:46	1:31:35	3:10:49	1:41	1:33	1:27
6:00	48	8:28	7:32	7:02	1:34:53	3:17:49	1:45	1:36	1:30
6:15	46	8:45	7:48	7:17	1:38:27	3:24:39	1:50	1:41	1:35
6:30	44	9:06	8:06	7:33	1:42:17	3:32:43	1:53	1:44	1:38
6:45	42	9:25	8:25	7:49	1:46:27	3:40:43	1:57	1:48	1:42
7:00	41	9:42	8:46	8:05	1:50:59	3:49:45	2:01	1:51	1:45
7:15	39	10:00	8:57	8:20	1:53:24	3:54:34	2:04	1:54	1:48
7:30	38	10:15	9:20	8:36	1:58:34	4:04:50	2:08	1:58	1:52
7:45	36	10:30	9:33	8:51	2:01:19	4:10:19	2:12	2:02	1:56
8:00	35	10:52	9:46	9:06	2:04:13	4:16:03	2:16	2:05	1:59
8:15	34	11:11	10:14	9:21	2:10:27	4:28:22	2:20	2:08	2:02
8:30	33	11:30	10:29	9:38	2:13:49	4:34:59	2:24	2:13	2:07
8:45	32	11:45	10:45	9:52	2:14:51	4:36:59	2:27	2:16	2:10
9:00	31	12:01	11:01	10:07	2:21:04	4:44:03	2:31	2:20	2:14
9:15	30	12:23	11:07	10:23	2:22:14	4:51:30	2:35	2:23	2:17
9:30	29	12:40	11:23	10:39	2:25:49	4:58:33	2:39	2:26	2:20
9:45	28	12:52	11:38	10:52	2:29:10	5:05:07	2:42	2:30	2:24
10:00	27	13:11	11:54	11:06	2:32:39	5:12:00	2:46	2:33	2:27
10:15	26	13:31	12:10	11:20	2:37:19	5:20:00	2:49	2:37	2:31
10:30	26	13:45	12:25	11:35	2:40:40	5:26:44	2:53	2:40	2:34
10:45	25	14:00	12:41	11:50	2:44:10	5:33:35	2:56	2:43	2:37
11:00	24	14:22	12:57	12:06	2:47:49	5:41:44	2:00	2:47	2:41

Definitions

Note: Train in your predicted zones to reduce the risk of injuries.
 Adjust your pace +/- based on weather conditions.
 Terrain must be factored in (ie, Hills = slower pace)
 Predicted finish is based on equal race conditions.

VDOT TEST: -Track run -2 or 3 lap warmup with a 3 minute rest. Then time a 1 mile run at 95% of max heart rate. Compare your finish time to the following chart to determine your training zones.

Aerobic Run: - Aerobic Runs-"Easy Pace" (AR): Performed at a low intensity, conversational pace.

Marathon Race Pace -Marathon Race Pace-"M" (MRP): This is your pace based on your current VDOT value (You should update your VDOT every 9 weeks). These workouts start with a 10-min. warm-up and end with a 10-min. cooldown. Marathon Simulation Run (MS): Perform the first half at a AR pace that is 45 to 60 sec/mile slower than MRP. The second half is performed at MRP.

Anaerobic Threshold -Anaerobic Threshold-"T" (AT): These repeats (essentially 0.5 to 1.5 miles in distance) should be performed at approximately 10K race pace. These workouts start with a 15-min. warm-up and end with a 15-min. cooldown.



South Bay

Runners



Definitions

Threshold Pace:

Variety: A running pace that you could maintain for about an hour in an all out race or prolonged or tempo runs or intermittent runs, also called cruise intervals.

Intensity: Generally in the range of 83-88% of VO2max or 88-92% of HRmax. Threshold pace is comfortably hard running for either a steady 3-4 miles (or 5 to 6km) or repeated runs of 5 to 15 minutes each, with 1 to 3 minutes of rest between the runs.

Purpose: To improve endurance.

Interval Pace:

Variety: VO2max Intervals (see below).

Intensity: Generally in the range of 95-100% of VO2max or 98-100% of HRmax. Intervals are "hard" but not all-out running by any means. Usually at a pace that you could maintain for about 10-15 minutes in a serious race. Intervals are best if they involve runs of 3 to 5 minutes each (800m and 1000m workouts are typical), with jog recoveries of similar duration (not necessarily, equal distance); relative to the runs they follow. If a workout calls for "hard" runs, then go by feel and imagine 5k race pace, as the intensity of each run.

Purpose: Stress your aerobic power (VO2max). It takes about two minutes for you to gear up to functioning at VO2max so the ideal duration of an "Interval" is 3-5 minutes each. The reason not to go past 5-minutes is to prevent anaerobic involvement, which can result in blood-lactate build-up.

Repetition Pace:

Variety: Pace reps and strides.

Intensity: Reps are fast, but not necessarily "hard," because work bouts are relatively short and are followed by relatively long recovery bouts. Recoveries are to be long enough that each run feels no more difficult than the previous run, because the purpose of Reps is to improve speed and economy and you can not get faster (nor more economical) if you are not running relaxed. If it takes 3 minutes recovery between Rep 400s, then that is what is needed. Reducing rest time between individual work bouts does not make for a better workout, in fact it probably makes for a worse workout

Purpose: To improve your speed and economy.