

This is a version of the Daniels VDOT tables. This is a great table to be able to determine what paces you should workout at during certain workouts. (T-Pace – Threshold Pace) (I-Pace – Interval Pace) (R-Pace – Race Pace, Fastest pace) We will use some of this terminology with specific workouts so this is a great table to print off and be able to review if you have a timed goal in mind.

Vdot	3k	Mile	E/L	T-Pace			I-Pace			R-Pace		
			Mile	400	1000	mile	400	1000	1200	200	400	800
30	17:50	9:11	12:16	2:33	6:24	10:18	2:22			67	2:16	
32	17:00	8:41	11:41	2:26	6:05	9:47	2:14			63	2:08	
34	16:10	8:14	11:09	2:19	5:48	9:20	2:08			60	2:02	
36	15:25	7:49	10:40	2:13	5:33	8:55	2:02	5:07		57	1:55	
38	14:45	7:27	10:14	2:07	5:19	8:33	1:56	4:54		54	1:50	
40	14:08	7:07	9:50	2:02	5:06	8:12	1:52	4:42		52	1:46	
42	13:28	6:49	9:28	1:57	4:54	7:52	1:48	4:31		50	1:42	
44	12:55	6:32	9:07	1:53	4:43	7:33	1:44	4:21		48	98	
45	12:40	6:25	8:58	1:51	4:38	7:25	1:42	4:16		47	96	
46	12:26	6:17	8:48	1:49	4:33	7:17	1:40	4:12	5:00	46	94	
47	12:12	6:10	8:39	1:47	4:29	7:10	98	4:07	4:54	45	92	
48	11:58	6:03	8:31	1:45	4:24	7:02	96	4:03	4:49	44	90	
49	11:45	5:56	8:22	1:43	4:20	6:55	95	3:59	4:45	44	89	
50	11:33	5:50	8:14	1:42	4:15	6:51	93	3:55	4:41	43	8'7	
51	11:21	5:44	8:07	1:40	4:11	6:44	92	3:51	4:36	42	86	
52	11:09	5:38	7:59	98	4:07	6:38	91	3:48	4:33	42	85	
53	10:58	5:32	7:52	97	4:04	6:32	90	3:44	4:29	41	84	
54	10:47	5:27	7:45	95	4:00	6:26	88	3:41	4:25	40	82	
55	10:37	5:21	7:38	94	3:56	6:20	87	3:37	4:21	40	81	
60	9:50	4:57	7:07	83	3:40	5:54	81	3:23	4:03	37	75	2:30
65	9:09	4:37	6:40	82	3:26	5:32	76	3:10	3:48	34	70	2:20