

Table 1 VDOT values associated with times raced over some popular distances

VDOT	1500	Mile	3000	2-mile	5000	10,000	15,000	1/2 Mara	Marathon	VDOT
30	8:30	9:11	17:56	19:19	30:40	63:46	98:14	2:21:04	4:49:17	30
32	8:02	8:41	16:59	18:18	29:05	60:26	93:07	2:13:49	4:34:59	32
34	7:37	8:14	16:09	17:24	27:39	57:26	88:30	2:07:16	4:22:03	34
36	7:14	7:49	15:23	16:34	26:22	54:44	84:20	2:01:19	4:10:19	36
38	6:54	7:27	14:41	15:49	25:12	52:17	80:33	1:55:55	3:59:35	38
40	6:35	7:07	14:03	15:08	24:08	50:03	77:06	1:50:59	3:49:45	40
42	6:19	6:49	13:28	14:31	23:09	48:01	73:56	1:46:27	3:40:43	42
44	6:03	6:32	12:55	13:56	22:15	46:09	71:02	1:42:17	3:32:23	44
45	5:56	6:25	12:40	13:40	21:50	45:16	69:40	1:40:20	3:28:26	45
46	5:49	6:17	12:26	13:25	21:25	44:25	68:22	1:38:27	3:24:39	46
47	5:42	6:10	12:12	13:10	21:02	43:36	67:06	1:36:38	3:21:00	47
48	5:36	6:03	11:58	12:55	20:39	42:50	65:53	1:34:53	3:17:29	48
49	5:30	5:56	11:45	12:41	20:18	42:04	64:44	1:33:12	3:14:06	49
50	5:24	5:50	11:33	12:28	19:57	41:21	63:36	1:31:35	3:10:49	50
51	5:18	5:44	11:21	12:15	19:36	40:39	62:31	1:30:02	3:07:39	51
52	5:13	5:38	11:09	12:02	19:17	39:59	61:29	1:28:31	3:04:36	52
53	5:07	5:32	10:58	11:50	18:58	39:20	60:28	1:27:04	3:01:39	53
54	5:02	5:27	10:47	11:39	18:40	38:42	59:30	1:25:40	2:58:47	54
55	4:57	5:21	10:37	11:28	18:22	38:06	58:33	1:24:18	2:56:01	55
56	4:53	5:16	10:27	11:17	18:05	37:31	57:39	1:23:00	2:53:20	56
57	4:48	5:11	10:17	11:06	17:49	36:57	56:46	1:21:43	2:50:45	57
58	4:44	5:06	10:08	10:56	17:33	36:24	55:55	1:20:30	2:48:14	58
59	4:39	5:02	9:58	10:46	17:17	35:52	55:06	1:19:18	2:45:47	59
60	4:35	4:57	9:50	10:37	17:03	35:22	54:18	1:18:09	2:43:25	60

VDOT	1500	Mile	3000	2-mile	5000	10,000	15,000	1/2 Mara	Marathon	VDOT
61	4:31	4:53	9:41	10:27	16:48	34:52	53:32	1:17:02	2:41:08	61
62	4:27	4:49	9:33	10:18	16:34	34:23	52:47	1:15:57	2:38:54	62
63	4:24	4:45	9:25	10:10	16:20	33:55	52:03	1:14:54	2:36:44	63
64	4:20	4:41	9:17	10:01	16:07	33:28	51:21	1:13:53	2:34:38	64
65	4:16	4:37	9:09	9:53	15:54	33:01	50:40	1:12:53	2:32:35	65
66	4:13	4:33	9:02	9:45	15:42	32:35	50:00	1:11:56	2:30:36	66
67	4:10	4:30	8:55	9:37	15:29	32:11	49:22	1:11:00	2:28:40	67
68	4:06	4:26	8:48	9:30	15:18	31:46	48:44	1:10:05	2:26:47	68
69	4:03	4:23	8:41	9:23	15:06	31:23	48:08	1:09:12	2:24:57	69
70	4:00	4:19	8:34	9:16	14:55	31:00	47:32	1:08:21	2:23:10	70
71	3:57	4:16	8:28	9:09	14:44	30:38	46:58	1:07:31	2:21:26	71
72	3:54	4:13	8:22	9:02	14:33	30:16	46:24	1:06:42	2:19:44	72
73	3:52	4:10	8:16	8:55	14:23	29:55	45:51	1:05:54	2:18:05	73
74	3:49	4:07	8:10	8:49	14:13	29:34	45:19	1:05:08	2:16:29	74
75	3:46	4:04	8:04	8:43	14:03	29:14	44:48	1:04:23	2:14:55	75
76	3:44	4:02	7:58	8:37	13:54	28:55	44:18	1:03:39	2:13:23	76
77	3:41+	3:58+	7:53	8:31	13:44	28:36	43:49	1:02:56	2:11:54	77
78	3:38.8	3:56.2	7:48	8:25	13:35	28:17	43:20	1:02:15	2:10:27	78
79	3:36.5	3:53.7	7:43	8:20	13:26	27:59	42:52	1:01:34	2:09:02	79
80	3:34.2	3:51.2	7:37.5	8:14.2	13:17.8	27:41.2	42:25	1:00:54	2:07:38	80
81	3:31.9	3:48.7	7:32.5	8:08.9	13:09.3	27:24	41:58	1:00:15	2:06:17	81
82	3:29.7	3:46.4	7:27.8	8:03.7	13:01.1	27:07	41:32	59:38	2:04:57	82
83	3:27.6	3:44.1	7:23.1	7:58.7	12:53.0	26:51	41:06	59:01	2:03:40	83
84	3:25.5	3:41.8	7:18.5	7:53.7	12:45.2	26:34	40:42	58:25	2:02:24	84
85	3:23.5	3:39.6	7:14.1	7:48.9	12:37.4	26:19	40:17	57:50	2:01:10	85

Table 2 Training intensities based on current VDOT

VDOT	E(Easy)/L(Long)		MP	T(Threshold Pace)			I (Interval Pace)				R (Rep Pace)		
	per Km	Per 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	6:53	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	62	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