

Training Paces : SDTrackmag.com/calcs

5K	3 Mile	3200	1600	VDOT	vVO2	vVO2	Race P.	Race P.	Base (left)	Tempo	Tempo	Tempo	Tempo	Tempo	Tempo
Time	Time	Time	Time		Mile	1k	5k Mile	5k 1K	Long (right)	20 min	25 min	30 min	35 min	40 min	45 min
14:00	13:28	8:37	4:02	75.4	4:25	2:45	4:30	2:48	5:54 - 6:41	4:54	4:58	5:01	5:02	5:04	5:05
14:10	13:39	8:44	4:05	74.3	4:28	2:47	4:34	2:50	5:58 - 6:46	4:57	5:01	5:04	5:06	5:07	5:09
14:20	13:47	8:50	4:08	73.4	4:31	2:48	4:37	2:52	6:02 - 6:50	5:01	5:04	5:07	5:09	5:11	5:12
14:30	13:57	8:56	4:10	72.4	4:34	2:50	4:40	2:54	6:06 - 6:55	5:04	5:08	5:11	5:12	5:14	5:16
14:40	14:07	9:03	4:14	71.4	4:37	2:52	4:43	2:56	6:10 - 6:59	5:08	5:11	5:14	5:16	5:18	5:19
14:50	14:17	9:09	4:16	70.5	4:40	2:54	4:46	2:58	6:14 - 7:04	5:11	5:14	5:18	5:19	5:21	5:23
15:00	14:26	9:15	4:19	69.6	4:43	2:56	4:50	3:00	6:18 - 7:08	5:14	5:18	5:21	5:22	5:24	5:26
15:10	14:36	9:21	4:22	68.7	4:46	2:58	4:53	3:02	6:22 - 7:13	5:17	5:21	5:24	5:26	5:28	5:29
15:20	14:45	9:27	4:25	67.8	4:47	2:58	4:56	3:04	6:26 - 7:17	5:21	5:25	5:28	5:29	5:31	5:33
15:30	14:55	9:34	4:28	67.0	4:51	3:01	4:59	3:06	6:30 - 7:22	5:24	5:28	5:31	5:33	5:35	5:36
15:40	15:04	9:40	4:31	66.2	4:54	3:03	5:03	3:08	6:34 - 7:26	5:27	5:31	5:34	5:36	5:38	5:39
15:50	15:14	9:50	4:34	65.4	4:57	3:05	5:06	3:10	6:38 - 7:31	5:30	5:34	5:38	5:39	5:41	5:43
16:00	15:24	9:53	4:37	64.6	5:00	3:06	5:09	3:12	6:42 - 7:35	5:34	5:38	5:41	5:43	5:45	5:46
16:10	15:34	9:59	4:40	63.8	5:03	3:08	5:12	3:14	6:46 - 7:40	5:37	5:41	5:44	5:46	5:48	5:50
16:20	15:43	10:05	4:43	63.1	5:06	3:10	5:15	3:16	6:50 - 7:44	5:40	5:44	5:48	5:49	5:51	5:53
16:30	15:53	10:12	4:46	62.3	5:09	3:12	5:19	3:18	6:54 - 7:48	5:44	5:48	5:51	5:53	5:55	5:57
16:40	16:03	10:18	4:49	61.6	5:12	3:14	5:22	3:20	6:58 - 7:53	5:47	5:51	5:54	5:56	5:58	6:00
16:50	16:12	10:24	4:52	60.9	5:15	3:16	5:25	3:22	7:02 - 7:57	5:50	5:54	5:58	5:59	6:02	6:03
5K	3-Mi	3200	1600	VDOT	VO2-M	VO2-1k	Race P.	Race P.	Base -- Long	T-20	T-25	T-30	35	40	45
17:00	16:22	10:31	4:55	60.2	5:18	3:18	5:28	3:24	7:06 - 8:02	5:53	5:58	6:01	6:03	6:05	6:07
17:10	16:32	10:37	4:58	59.5	5:21	3:19	5:32	3:26	7:10 - 8:06	5:57	6:01	6:05	6:06	6:08	6:10
17:20	16:41	10:43	5:00	58.8	5:24	3:21	5:35	3:28	7:14 - 8:11	6:00	6:05	6:08	6:10	6:12	6:14
17:30	16:51	10:50	5:04	58.2	5:27	3:23	5:38	3:30	7:18 - 8:15	6:03	6:08	6:11	6:13	6:15	6:17
17:40	17:02	10:57	5:07	57.6	5:30	3:25	5:41	3:32	7:22 - 8:20	6:06	6:11	6:14	6:16	6:18	6:20
17:50	17:10	11:02	5:09	56.9	5:33	3:27	5:44	3:34	7:26 - 8:24	6:10	6:14	6:18	6:20	6:22	6:24
18:00	17:21	11:09	5:13	56.3	5:35	3:28	5:48	3:36	7:29 - 8:28	6:13	6:18	6:21	6:23	6:25	6:27
18:10	17:30	11:16	5:16	55.7	5:38	3:30	5:51	3:38	7:33 - 8:32	6:16	6:21	6:25	6:27	6:29	6:31
18:20	17:40	11:22	5:17	55.1	5:41	3:32	5:54	3:40	7:37 - 8:37	6:20	6:24	6:28	6:30	6:32	6:34
18:30	17:49	11:28	5:22	54.6	5:44	3:34	5:57	3:42	7:41 - 8:41	6:23	6:27	6:31	6:33	6:35	6:37
18:40	17:59	11:35	5:25	54.0	5:47	3:36	6:00	3:44	7:45 - 8:46	6:26	6:31	6:35	6:36	6:39	6:41
18:50	18:09	11:41	5:28	53.4	5:51	3:38	6:04	3:46	7:49 - 8:50	6:30	6:34	6:38	6:40	6:42	6:44
19:00	18:18	11:47	5:31	52.9	5:53	3:39	6:07	3:48	7:53 - 8:54	6:33	6:37	6:41	6:43	6:46	6:47
19:10	18:29	11:54	5:34	52.3	5:56	3:41	6:10	3:50	7:57 - 8:59	6:36	6:41	6:45	6:47	6:49	6:51
19:20	18:38	12:01	5:37	51.8	5:59	3:43	6:13	3:52	8:01 - 9:03	6:39	6:44	6:48	6:50	6:53	6:54
19:30	18:48	12:07	5:40	51.3	6:02	3:45	6:17	3:54	8:05 - 9:07	6:42	6:47	6:51	6:53	6:56	6:58
19:40	18:57	12:13	5:43	50.8	6:05	3:47	6:20	3:56	8:09 - 9:12	6:46	6:51	6:55	6:57	6:59	7:01
19:50	19:07	12:19	5:46	50.3	6:08	3:49	6:23	3:58	8:12 - 9:16	6:49	6:54	6:58	7:00	7:02	7:05
20:00	19:17	12:26	5:49	49.8	6:11	3:51	6:26	4:00	8:16 - 9:20	6:52	6:57	7:01	7:03	7:06	7:08
20:10	19:27	12:33	5:52	49.3	6:14	3:52	6:29	4:02	8:20 - 9:24	6:56	7:01	7:05	7:07	7:09	7:11
20:20	19:35	12:38	5:55	48.9	6:17	3:54	6:33	4:04	8:24 - 9:29	6:58	7:03	7:08	7:10	7:12	7:14
20:30	19:46	12:45	5:58	48.4	6:20	3:56	6:36	4:06	8:28 - 9:33	7:02	7:07	7:11	7:13	7:16	7:18
20:40	19:56	12:52	6:02	47.9	6:23	3:58	6:39	4:08	8:32 - 9:37	7:06	7:11	7:15	7:17	7:20	7:22
20:50	20:05	12:58	6:04	47.5	6:26	4:00	6:42	4:10	8:35 - 9:42	7:08	7:14	7:18	7:20	7:23	7:25
5K	3-Mi	3200	1600	VDOT	VO2-M	VO2-1k	Race P.	Race P.	Base -- Long	T-20	T-25	T-30	35	40	45
21:00	20:16	13:05	6:08	47.0	6:29	4:02	6:46	4:12	8:39 - 9:46	7:12	7:17	7:22	7:24	7:26	7:29
21:10	20:25	13:11	6:11	46.6	6:32	4:04	6:49	4:14	8:43 - 9:50	7:15	7:20	7:25	7:27	7:29	7:32
21:20	20:34	13:17	6:14	46.2	6:35	4:05	6:52	4:16	8:47 - 9:55	7:18	7:23	7:28	7:30	7:33	7:35
21:30	20:43	13:23	6:17	45.8	6:37	4:07	6:55	4:18	8:51 - 9:59	7:21	7:27	7:31	7:33	7:36	7:38
21:40	20:55	13:30	6:20	45.3	6:40	4:09	6:58	4:20	8:55 - 10:03	7:25	7:31	7:35	7:37	7:40	7:42
21:50	21:02	13:35	6:23	44.9	6:43	4:10	7:02	4:22	8:59 - 10:07	7:28	7:34	7:38	7:41	7:43	7:45
22:00	21:14	13:43	6:26	44.5	6:46	4:12	7:05	4:24	9:02 - 10:11	7:32	7:37	7:42	7:44	7:47	7:49
22:10	21:24	13:50	6:30	44.1	6:49	4:14	7:08	4:26	9:06 - 10:16	7:35	7:40	7:45	7:47	7:50	7:52
22:20	21:31	13:55	6:32	43.8	6:52	4:16	7:11	4:28	9:10 - 10:20	7:37	7:43	7:48	7:50	7:53	7:55
22:30	21:42	14:01	6:35	43.4	6:55	4:18	7:15	4:30	9:14 - 10:24	7:41	7:46	7:51	7:53	7:56	7:58
22:40	21:52	14:08	6:38	43.0	6:58	4:20	7:18	4:32	9:17 - 10:28	7:44	7:50	7:55	7:57	8:00	8:02
22:50	22:02	14:15	6:42	42.6	7:01	4:22	7:21	4:34	9:21 - 10:33	7:48	7:53	7:58	8:00	8:03	8:06
23:00	22:10	14:20	6:44	42.3	7:04	4:23	7:24	4:36	9:25 - 10:37	7:51	7:56	8:01	8:03	8:06	8:08
23:10	22:21	14:27	6:48	41.9	7:07	4:25	7:27	4:38	9:29 - 10:41	7:54	8:00	8:05	8:07	8:10	8:12
23:20	22:29	14:33	6:50	41.6	7:10	4:27	7:31	4:40	9:33 - 10:45	7:57	8:03	8:07	8:10	8:13	8:15