

PERFORMANCE AND TRAINING INTENSITY TABLE

Jack Daniels

SPEED
UP 37
8-11
Tempo I
Cruise v

Long Easy	<u>75%</u>	<u>VDOT</u>	<u>vVO₂max</u>	<u>1500</u>	<u>mile</u>	<u>3000</u>	<u>2mile</u>	<u>5000</u>	<u>10000</u>	<u>vVO₂max</u>	<u>88%</u>	<u>98%</u>
9:53	40		217	6:35	7:07	14:03	15:08	24:08	50:03	217	8:26	1:
9:30	42		226	6:19	6:49	13:27	14:31	23:09	48:01	226	8:06	1:
9:08	44		235	6:03	6:32	12:55	13:56	22:15	46:09	235	7:47	1:
8:48	46		244	5:49	6:17	12:26	13:25	21:25	44:25	244	7:30	1:
8:30	48		252	5:36	6:03	11:58	12:55	20:39	42:50	252	7:15	1:
8:13	50		261	5:24	5:50	11:33	12:28	19:57	41:21	261	7:00	1:
7:59	52		269	5:13	5:38	11:09	12:02	19:17	39:59	269	6:48	1:
7:43	54		278	5:02	5:27	10:47	11:39	18:40	38:42	278	6:36	1:
7:30	56		286	4:53	5:16	10:27	11:17	18:05	37:31	286	6:24	1:
7:18	58		294	4:44	5:06	10:08	10:56	17:33	36:24	294	6:13	1:
7:06	60		302	4:35	4:57	9:50	10:37	17:03	35:22	302	6:03	1:
6:54	62		311	4:27	4:49	9:33	10:18	16:34	34:23	311	5:53	1:
6:44	64		319	4:20	4:41	9:17	10:01	16:07	33:28	319	5:44	1:
6:34	66		327	4:13	4:33	9:02	9:45	15:42	32:35	327	5:36	1:
6:24	68		335	4:06	4:26	8:46	9:30	15:18	31:46	335	5:28	1:
6:16	70		343	4:00	4:19	8:34	9:16	14:55	31:00	343	5:20	1:
6:08	72		350	3:54	4:13	8:22	9:02	14:33	30:16	350	5:14	1:
6:00	74		358	3:49	4:07	8:10	8:49	14:13	29:34	358	5:07	1:
5:52	76		366	3:44	4:02	7:58	8:37	13:54	28:55	366	5:00	1:
5:44	78		374	3:39	3:56	7:48	8:25	13:35	28:17	374	4:53	1:
5:40	80		381	3:34	3:51	7:37	8:14	13:18	27:41	381	4:48	1:

A Interval velocity = .98 X vVO₂max

B Threshold velocity = .88 X vVO₂max

C Easy/Long velocity = .75 X vVO₂max

D REP pace = Race pace (per 400) - 3 sec OR Interval pace (per 400) - 5sec

Interval pace (per 400) = 400/A (per 1600) = 1600/A (in minutes)

Threshold pace (per 1000) = 1000/B (per 1600) = 1600/B (in mins)

Easy/Long pace (per mile) = 1609/C (in minutes)

(D) Note: REPS are done at Interval pace - 5 sec per 400 or at Race pace (using current ability for race of importance) - 3 sec per 400, whichever is the faster.

EXAMPLE: For someone who can currently race 3000m in 10:08, vVO₂max = 294
 Interval v = .98 X 294 = 288; Interval pace per 400 = 400/288 = 1.39 min
 .39 min X 60 sec = 23 Therefore Interval pace per 400 = 1:23 (83 sec).