

training paces based on a 10 min. VO_2 max. test run

created by Jim Hunt

Number of Laps Run in 10 min	VO_2 Max Velocity (m/min)	VO_2 Max Pace (min/M)	1500m Pace (min/M)	3000m Pace (min/M)	5000m Pace (min/M)	10,000m Pace (min/M)	A.T. Pace (min/M)	Marathon Pace (min/M)	R.E. Pace (min/M)
5.00	200	08:03	07:00	08:08	08:23	08:56	09:21	09:56	11:10
5.25	210	07:40	06:40	07:44	07:59	08:31	08:55	09:28	10:38
5.50	220	07:19	06:22	07:23	07:37	08:08	08:30	09:02	10:09
5.75	230	07:00	06:05	07:04	07:17	07:46	08:08	08:38	09:43
6.00	240	06:42	05:50	06:46	06:59	07:27	07:48	08:17	09:19
6.25	250	06:26	05:36	06:30	06:42	07:09	07:29	07:57	08:56
6.50	260	06:11	05:23	06:15	06:27	06:53	07:12	07:38	08:36
6.75	270	05:58	05:11	06:01	06:12	06:37	06:56	07:21	08:17
7.00	280	05:45	05:00	05:48	05:59	06:23	06:41	07:06	07:59
7.25	290	05:33	04:49	05:33	05:43	06:06	06:23	06:51	07:42
7.50	300	05:22	04:40	05:22	05:32	05:54	06:10	06:37	07:27
7.75	310	05:11	04:31	05:11	05:21	05:42	05:58	06:24	07:13
8.00	320	05:02	04:22	05:02	05:11	05:32	05:47	06:12	06:59
8.25	330	04:53	04:14	04:53	05:02	05:21	05:36	06:01	06:46
8.50	340	04:44	04:07	04:44	04:53	05:12	05:26	05:51	06:34
8.75	350	04:36	04:00	04:33	04:41	05:00	05:13	05:41	06:23
9.00	360	04:28	03:53	04:26	04:34	04:51	05:05	05:31	06:12
9.25	370	04:21	03:47	04:18	04:26	04:44	04:56	05:22	06:02
9.50	380	04:14	03:41	04:12	04:19	04:36	04:49	05:14	05:53
9.75	390	04:08	03:35	04:05	04:13	04:29	04:41	05:06	05:44
10.00	400	04:01	03:30	03:59	04:06	04:22	04:34	04:58	05:35

How to use chart:

1. Have runner run as many laps of a 400m track as possible in 10 minutes. (A 2 mile or 3,000m race can be used as a reasonable substitute for the 10 minute run so long as the runner completes the race somewhere between 9 and 11 minutes.)
2. Locate the row that corresponds to the number of laps run in 10 minutes in the first column, or the average velocity maintained during the test run in the second column. Average velocity is found by dividing the distance run, measured in meters, by the total time taken to run that distance, measured in minutes. (The second column is particularly useful if a 2 mile or 3,000m race was used for the test and was finished in less than 10 minutes.)
3. Move down one row to find the various paces that should be used in training.
4. When training paces have been achieved in an actual race, move down one row to find the new paces that should be used in training. Move down another row when these paces are achieved in a race.
5. Runners should be tested 2 times per year.

Example:

Suppose a runner completes 7.5 laps in 10 minutes. To use the chart, find 7.50 in the first column, or 300 (meters per min) in the second column. Move down one row to find the training paces. This runner should then use 5:11 and 5:21 per mile for 3,000m and 5,000m training pace goals respectively.