

Distance Runner Pace Calculator

Instructions: Find the highest VDOT value that corresponds to a Season Best (or estimate fitness level). If you are halfway between two VDOTs choose the higher value. Then read across for running paces at various distances.
 "Race Pace" should be calculated using a Season Best or near term race goal.

VDOT	Race PR			Base Run		Hard Base	Tempo		Interval	Repeat
	800m	1600m	3200m	160 BPM		170 BPM	185 BPM		200 BPM	Max HR
				per Mile	per 400m	per Mile	per Mile	per 400m	per 400m	per 400m
70	1:54	4:19	9:16	5:58	89 sec	5:26	5:04	1:15	1:10	65 sec
69	1:56	4:23	9:23	6:02	90 sec	5:30	5:07	1:16	1:11	66 sec
68	1:58	4:26	9:30	6:06	91 sec	5:34	5:11	1:17	1:12	67 sec
67	2:00	4:30	9:37	6:11	92 sec	5:38	5:15	1:18	1:13	68 sec
66	2:01	4:33	9:45	6:16	94 sec	5:43	5:20	1:19	1:13	69 sec
65	2:03	4:37	9:53	6:20	95 sec	5:48	5:24	1:20	1:14	70 sec
64	2:05	4:41	10:01	6:25	96 sec	5:52	5:28	1:22	1:15	72 sec
63	2:07	4:45	10:10	6:30	98 sec	5:57	5:32	1:23	1:16	73 sec
62	2:09	4:49	10:18	6:35	99 sec	6:02	5:37	1:24	1:17	74 sec
61	2:11	4:53	10:27	6:41	100 sec	6:07	5:42	1:25	1:18	75 sec
60	2:13	4:57	10:37	6:46	102 sec	6:13	5:47	1:26	1:19	76 sec
59	2:15	5:02	10:46	6:52	103 sec	6:18	5:52	1:27	1:20	77 sec
58	2:17	5:06	10:56	6:58	105 sec	6:24	5:57	1:29	1:22	78 sec
57	2:19	5:11	11:06	7:04	106 sec	6:29	6:03	1:30	1:23	79 sec
56	2:21	5:16	11:17	7:10	108 sec	6:35	6:08	1:31	1:24	80 sec
55	2:23	5:21	11:28	7:17	109 sec	6:41	6:14	1:33	1:25	81 sec
54	2:25	5:27	11:39	7:23	111 sec	6:48	6:20	1:34	1:26	82 sec
53	2:27	5:32	11:50	7:30	113 sec	6:55	6:26	1:36	1:28	83 sec
52	2:29	5:38	12:02	7:37	114 sec	7:01	6:32	1:38	1:29	85 sec
51	2:31	5:44	12:15	7:45	116 sec	7:08	6:39	1:39	1:31	86 sec
50	2:33	5:50	12:28	7:52	118 sec	7:16	6:46	1:41	1:32	88 sec
49	2:35	5:56	12:41	8:00	120 sec	7:24	6:53	1:43	1:34	89 sec
48	2:37	6:03	12:55	8:08	122 sec	7:31	7:00	1:44	1:35	91 sec
47	2:40	6:10	13:10	8:17	124 sec	7:40	7:08	1:46	1:37	92 sec
46	2:45	6:17	13:25	8:25	126 sec	7:48	7:16	1:48	1:39	94 sec
45	2:50	6:25	13:40	8:35	129 sec	7:57	7:24	1:50	1:40	96 sec
44	2:55	6:32	13:56	8:44	131 sec	8:06	7:33	1:53	1:42	97 sec
43	3:00	6:41	14:13	8:54	134 sec	8:16	7:42	1:55	1:44	99 sec
42	3:06	6:49	14:31	9:04	136 sec	8:26	7:51	1:57	1:46	101 sec
41	3:12	6:58	14:49	9:15	139 sec	8:37	8:01	2:00	1:48	103 sec
40	3:18	7:07	15:08	9:26	142 sec	8:47	8:11	2:02	1:50	105 sec
39	3:24	7:17	15:29	9:38	145 sec	8:59	8:22	2:05	1:53	107 sec
38	3:30	7:27	15:49	9:50	148 sec	9:11	8:33	2:07	1:55	110 sec
37	3:36	7:38	16:11	10:02	151 sec	9:23	8:44	2:10	1:58	112 sec
36	3:42	7:49	16:34	10:16	154 sec	9:36	8:57	2:13	2:00	115 sec
35	3:48	8:01	16:58	10:30	158 sec	9:50	9:10	2:17	2:03	117 sec
34	3:54	8:14	17:24	10:44	161 sec	10:04	9:23	2:20	2:06	120 sec
33	4:02	8:27	17:50	10:59	165 sec	10:20	9:37	2:23	2:09	123 sec
32	4:10	8:41	18:18	11:16	169 sec	10:36	9:52	2:27	2:12	126 sec
31	4:18	8:55	18:48	11:32	173 sec	10:52	10:08	2:31	2:15	130 sec
30	4:30	9:11	19:19	11:50	178 sec	11:10	10:24	2:35	2:19	133 sec