

## 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. During XC PRs must be adjusted for courses and conditions; thus VDOT for Track workouts may be higher than those associated with race times.

VDOT	Race PR						Base Run		Hard Base	Tempo		Interval		Repeat	Race Paces			VDOT
	800m	1600m	3000m	3200m	3-Mile	5000m	160 BPM		170 BPM	185 BPM		200 BPM		Max HR	800m	1600m	3200m	
							per Mile	per 400m	per Mile	per Mile	per 400m	per 400m	per 300m	per 400m	per 400m	per 400m	per 400m	
70	1:54	4:19	8:34	9:16	14:24	14:55	5:58	89 sec	5:26	5:04	75 sec	70 sec	53 sec	65 sec	57 sec	65 sec	70 sec	70
69	1:56	4:23	8:41	9:23	14:35	15:06	6:02	90 sec	5:30	5:07	76 sec	71 sec	53 sec	66 sec	58 sec	66 sec	70 sec	69
68	1:58	4:26	8:48	9:30	14:46	15:18	6:06	91 sec	5:34	5:11	77 sec	72 sec	54 sec	67 sec	59 sec	67 sec	71 sec	68
67	2:00	4:30	8:55	9:37	14:57	15:29	6:11	92 sec	5:38	5:15	78 sec	73 sec	55 sec	68 sec	60 sec	68 sec	72 sec	67
66	2:01	4:33	9:02	9:45	15:09	15:42	6:16	94 sec	5:43	5:20	79 sec	73 sec	55 sec	69 sec	61 sec	68 sec	73 sec	66
65	2:03	4:37	9:09	9:53	15:21	15:54	6:20	95 sec	5:48	5:24	80 sec	74 sec	56 sec	70 sec	62 sec	69 sec	74 sec	65
64	2:05	4:41	9:17	10:01	15:34	16:07	6:25	96 sec	5:52	5:28	82 sec	75 sec	56 sec	72 sec	63 sec	70 sec	75 sec	64
63	2:07	4:45	9:25	10:10	15:46	16:20	6:30	98 sec	5:57	5:32	83 sec	76 sec	57 sec	73 sec	64 sec	71 sec	76 sec	63
62	2:09	4:49	9:33	10:18	16:00	16:34	6:35	99 sec	6:02	5:37	84 sec	77 sec	58 sec	74 sec	65 sec	72 sec	77 sec	62
61	2:11	4:53	9:41	10:27	16:13	16:48	6:41	100 sec	6:07	5:42	85 sec	78 sec	59 sec	75 sec	66 sec	73 sec	78 sec	61
60	2:13	4:57	9:50	10:37	16:28	17:03	6:46	102 sec	6:13	5:47	86 sec	79 sec	59 sec	76 sec	67 sec	74 sec	80 sec	60
59	2:15	5:02	9:58	10:46	16:41	17:17	6:52	103 sec	6:18	5:52	87 sec	80 sec	60 sec	77 sec	68 sec	76 sec	81 sec	59
58	2:17	5:06	10:08	10:56	16:57	17:33	6:58	105 sec	6:24	5:57	89 sec	82 sec	62 sec	78 sec	69 sec	77 sec	82 sec	58
57	2:19	5:11	10:17	11:06	17:12	17:49	7:04	106 sec	6:29	6:03	90 sec	83 sec	62 sec	79 sec	70 sec	78 sec	83 sec	57
56	2:21	5:16	10:27	11:17	17:27	18:05	7:10	108 sec	6:35	6:08	91 sec	84 sec	63 sec	80 sec	71 sec	79 sec	85 sec	56
55	2:23	5:21	10:37	11:28	17:44	18:22	7:17	109 sec	6:41	6:14	93 sec	85 sec	64 sec	81 sec	72 sec	80 sec	86 sec	55
54	2:25	5:27	10:47	11:39	18:01	18:40	7:23	111 sec	6:48	6:20	94 sec	86 sec	65 sec	82 sec	73 sec	82 sec	87 sec	54
53	2:27	5:32	10:58	11:50	18:19	18:58	7:30	113 sec	6:55	6:26	96 sec	88 sec	66 sec	83 sec	74 sec	83 sec	89 sec	53
52	2:29	5:38	11:09	12:02	18:37	19:17	7:37	114 sec	7:01	6:32	98 sec	89 sec	67 sec	85 sec	75 sec	85 sec	90 sec	52
51	2:31	5:44	11:21	12:15	18:55	19:36	7:45	116 sec	7:08	6:39	99 sec	91 sec	68 sec	86 sec	76 sec	86 sec	92 sec	51
50	2:33	5:50	11:33	12:28	19:16	19:57	7:52	118 sec	7:16	6:46	101 sec	92 sec	69 sec	88 sec	77 sec	88 sec	94 sec	50
49	2:35	5:56	11:45	12:41	19:36	20:18	8:00	120 sec	7:24	6:53	103 sec	94 sec	71 sec	89 sec	78 sec	89 sec	95 sec	49
48	2:37	6:03	11:58	12:55	19:56	20:39	8:08	122 sec	7:31	7:00	104 sec	95 sec	71 sec	91 sec	79 sec	91 sec	97 sec	48
47	2:40	6:10	12:12	13:10	20:18	21:02	8:17	124 sec	7:40	7:08	106 sec	97 sec	73 sec	92 sec	80 sec	93 sec	99 sec	47
46	2:45	6:17	12:26	13:25	20:41	21:25	8:25	126 sec	7:48	7:16	108 sec	99 sec	74 sec	94 sec	83 sec	94 sec	101 sec	46
45	2:50	6:25	12:40	13:40	21:05	21:50	8:35	129 sec	7:57	7:24	110 sec	100 sec	75 sec	96 sec	85 sec	96 sec	103 sec	45
44	2:55	6:32	12:55	13:56	21:29	22:15	8:44	131 sec	8:06	7:33	113 sec	102 sec	77 sec	97 sec	88 sec	98 sec	105 sec	44
43	3:00	6:41	13:11	14:13	21:54	22:41	8:54	134 sec	8:16	7:42	115 sec	104 sec	78 sec	99 sec	90 sec	100 sec	107 sec	43
42	3:06	6:49	13:28	14:31	22:21	23:09	9:04	136 sec	8:26	7:51	117 sec	106 sec	80 sec	101 sec	93 sec	102 sec	109 sec	42
41	3:12	6:58	13:45	14:49	22:49	23:38	9:15	139 sec	8:37	8:01	120 sec	108 sec	81 sec	103 sec	96 sec	105 sec	111 sec	41
40	3:18	7:07	14:03	15:08	23:18	24:08	9:26	142 sec	8:47	8:11	122 sec	110 sec	83 sec	105 sec	99 sec	107 sec	114 sec	40
39	3:24	7:17	14:21	15:29	23:48	24:39	9:38	145 sec	8:59	8:22	125 sec	113 sec	85 sec	107 sec	102 sec	109 sec	116 sec	39
38	3:30	7:27	14:41	15:49	24:20	25:12	9:50	148 sec	9:11	8:33	127 sec	115 sec	86 sec	110 sec	105 sec	112 sec	119 sec	38
37	3:36	7:38	15:01	16:11	24:53	25:46	10:02	151 sec	9:23	8:44	130 sec	118 sec	89 sec	112 sec	108 sec	115 sec	121 sec	37
36	3:42	7:49	15:23	16:34	25:27	26:22	10:16	154 sec	9:36	8:57	133 sec	120 sec	90 sec	115 sec	111 sec	117 sec	124 sec	36
35	3:48	8:01	15:45	16:58	26:04	27:00	10:30	158 sec	9:50	9:10	137 sec	123 sec	92 sec	117 sec	114 sec	120 sec	127 sec	35
34	3:54	8:14	16:09	17:24	26:42	27:39	10:44	161 sec	10:04	9:23	140 sec	126 sec	95 sec	120 sec	117 sec	124 sec	131 sec	34
33	4:02	8:27	16:33	17:50	27:22	28:21	10:59	165 sec	10:20	9:37	143 sec	129 sec	97 sec	123 sec	121 sec	127 sec	134 sec	33
32	4:10	8:41	16:59	18:18	28:05	29:05	11:16	169 sec	10:36	9:52	147 sec	132 sec	99 sec	126 sec	125 sec	130 sec	137 sec	32
31	4:18	8:55	17:27	18:48	28:49	29:51	11:32	173 sec	10:52	10:08	151 sec	135 sec	101 sec	130 sec	129 sec	134 sec	141 sec	31
30	4:30	9:11	17:56	19:19	29:36	30:40	11:50	178 sec	11:10	10:24	155 sec	139 sec	104 sec	133 sec	135 sec	138 sec	145 sec	30