

Daniels Training Paces

| Most Recent Race Times | | | | Target Threshold Training Pace | | | | | Target Interval Workout Pace | | | | | Target Repetition Training Pace | | | |
|------------------------|----------|---------|------|--------------------------------|------|------|-------|------|------------------------------|------|------|------|------|---------------------------------|------|------|------|
| 5K | 10K | Half | Vdot | 400 | 1000 | 1200 | Mile | Vdot | 400 | 800 | 1000 | 1200 | Vdot | 200 | 400 | 600 | 800 |
| 16:07 | 33:28:00 | 1:13:53 | 64 | 83 | 3:29 | 4:09 | 5:36 | 64 | 77 | 2:34 | 3:12 | 3:51 | 64 | 35 | 71 | 1:46 | 2:22 |
| 16:20 | 33:55:00 | 1:14:53 | 63 | 84 | 3:32 | 4:12 | 5:41 | 63 | 78 | 2:36 | 3:15 | 3:54 | 63 | 35 | 72 | 1:47 | 2:24 |
| 16:34 | 34:23:00 | 1:15:57 | 62 | 85 | 3:34 | 4:15 | 5:45 | 62 | 79 | 2:38 | 3:17 | 3:57 | 62 | 36 | 73 | 1:49 | 2:26 |
| 16:48 | 34:52:00 | 1:17:02 | 61 | 86 | 3:37 | 4:20 | 5:50 | 61 | 80 | 2:40 | 3:20 | 4:00 | 61 | 36 | 74 | 1:50 | 2:28 |
| 17:03 | 35:22:00 | 1:18:09 | 60 | 88 | 3:40 | 4:24 | 5:54 | 60 | 81 | 2:42 | 3:23 | 4:03 | 60 | 37 | 75 | 1:52 | 2:30 |
| 17:17 | 35:52:00 | 1:19:18 | 59 | 89 | 3:43 | 4:27 | 5:59 | 59 | 82 | 2:44 | 3:25 | 4:07 | 59 | 37 | 76 | 1:53 | 2:32 |
| 17:33 | 36:24:00 | 1:20:30 | 58 | 90 | 3:45 | 4:30 | 6:04 | 58 | 83 | 2:46 | 3:28 | 4:10 | 58 | 38 | 77 | 1:55 | 2:34 |
| 17:49 | 36:57:00 | 1:21:43 | 57 | 91 | 3:49 | 4:33 | 6:09 | 57 | 85 | 2:50 | 3:31 | 4:15 | 57 | 39 | 79 | 1:58 | 2:37 |
| 18:05 | 37:31:00 | 1:23:00 | 56 | 93 | 3:53 | 4:37 | 6:15 | 56 | 86 | 2:52 | 3:34 | 4:18 | 56 | 39 | 80 | 2:00 | 2:40 |
| 18:22 | 38:06:00 | 1:24:18 | 55 | 94 | 3:56 | 4:41 | 6:20 | 55 | 87 | 2:54 | 3:37 | 4:21 | 55 | 40 | 81 | 2:01 | 2:42 |
| 18:40 | 38:42:00 | 1:25:40 | 54 | 95 | 4:00 | 4:45 | 6:26 | 54 | 88 | 2:56 | 3:41 | 4:25 | 54 | 40 | 82 | 2:03 | 2:44 |
| 18:58 | 39:20:00 | 1:27:04 | 53 | 97 | 4:04 | 4:50 | 6:32 | 53 | 90 | 3:00 | 3:45 | 4:30 | 53 | 41 | 84 | 2:05 | 2:47 |
| 19:17 | 40:00:00 | 1:28:30 | 52 | 98 | 4:07 | 4:55 | 6:38 | 52 | 91 | 3:02 | 3:48 | 4:33 | 52 | 42 | 85 | 2:07 | 2:50 |
| 19:36 | 40:40:00 | 1:30:00 | 51 | 1:40 | 4:11 | 5:00 | 6:44 | 51 | 92 | 3:04 | 3:51 | 4:36 | 51 | 42 | 86 | 2:08 | 2:52 |
| 19:57 | 41:21:00 | 1:31:55 | 50 | 1:42 | 4:15 | 5:05 | 6:51 | 50 | 93 | 3:06 | 3:55 | 4:41 | 50 | 43 | 87 | 2:10 | 2:54 |
| 20:18 | 42:04:00 | 1:33:12 | 49 | 1:43 | 4:20 | 5:10 | 6:55 | 49 | 95 | 3:10 | 3:58 | 4:45 | 49 | 44 | 89 | 2:12 | 2:57 |
| 20:39 | 42:50:00 | 1:34:53 | 48 | 1:45 | 4:24 | 5:15 | 7:02 | 48 | 96 | 3:12 | 4:02 | 4:49 | 48 | 44 | 90 | 2:14 | 3:00 |
| 21:02 | 43:36:00 | 1:36:38 | 47 | 1:47 | 4:29 | 5:21 | 7:10 | 47 | 98 | 3:16 | 4:06 | 4:54 | 47 | 45 | 92 | 2:17 | 3:04 |
| 21:25 | 44:25:00 | 1:38:27 | 46 | 1:49 | 4:33 | 5:27 | 7:17 | 46 | 1:40 | 3:20 | 4:11 | 5:00 | 46 | 46 | 94 | 2:20 | 3:08 |
| 21:50 | 45:16:00 | 1:40:20 | 45 | 1:51 | 4:38 | 5:33 | 7:25 | 45 | 1:42 | 3:24 | 4:16 | 5:06 | 45 | 47 | 96 | 2:23 | 3:12 |
| 22:15 | 46:09:00 | 1:42:17 | 44 | 1:53 | 4:43 | 5:39 | 7:33 | 44 | 1:44 | 3:28 | 4:21 | 5:12 | 44 | 48 | 98 | 2:26 | 3:16 |
| 22:41 | 47:04:00 | 1:44:20 | 43 | 1:55 | 4:48 | 5:45 | 7:42 | 43 | 1:46 | 3:32 | 4:26 | 5:18 | 43 | 49 | 1:40 | 2:29 | 3:20 |
| 23:09 | 48:00:00 | 1:45:27 | 42 | 1:57 | 4:54 | 5:51 | 7:52 | 42 | 1:48 | 3:36 | 4:31 | 5:24 | 42 | 50 | 1:42 | 2:32 | 3:24 |
| 23:38 | 49:00:00 | 1:48:40 | 41 | 2:00 | 5:00 | 5:58 | 8:02 | 41 | 1:50 | 3:40 | 4:36 | 5:30 | 41 | 51 | 1:44 | 2:35 | 3:28 |
| 24:08:00 | 50:03:00 | 1:50:59 | 40 | 2:02 | 5:06 | 6:05 | 8:12 | 40 | 1:52 | 3:44 | 4:42 | 5:36 | 40 | 52 | 1:46 | 2:38 | 3:32 |
| 24:39:00 | 51:09:00 | 1:53:24 | 39 | 2:05 | 5:13 | 6:14 | 8:23 | 39 | 1:54 | 3:48 | 4:48 | 5:42 | 39 | 53 | 1:48 | 2:41 | 3:36 |
| 25:12:00 | 52:17:00 | 1:55:55 | 38 | 2:07 | 5:19 | 6:21 | 8:33 | 38 | 1:56 | 3:52 | 4:54 | 5:48 | 38 | 54 | 1:50 | 2:44 | 3:40 |
| 25:46:00 | 53:30:00 | 1:58:34 | 37 | 2:10 | 5:26 | 6:30 | 8:44 | 37 | 1:59 | 3:58 | 5:00 | 5:57 | 37 | 55 | 1:52 | 2:47 | 3:44 |
| 26:22:00 | 54:44:00 | 2:01:19 | 36 | 2:13 | 5:33 | 6:39 | 8:55 | 36 | 2:02 | 4:04 | 5:05 | 6:06 | 36 | 57 | 1:55 | 2:52 | 3:50 |
| 27:00:00 | 56:03:00 | 2:04:13 | 35 | 2:16 | 5:41 | 6:48 | 9:07 | 35 | 2:06 | 4:12 | 5:15 | 6:18 | 35 | 58 | 1:58 | 2:56 | 3:56 |
| 27:39:00 | 57:26:00 | 2:07:16 | 34 | 2:19 | 5:48 | 6:57 | 9:20 | 34 | 2:08 | 4:16 | 5:20 | 6:24 | 34 | 60 | 2:02 | 3:02 | 4:04 |
| 28:21:00 | 58:54:00 | 2:10:27 | 33 | 2:22 | 5:56 | 7:06 | 9:37 | 33 | 2:11 | 4:22 | 5:28 | 6:33 | 33 | 61 | 2:05 | 3:06 | 4:10 |
| 29:05:00 | 60:26:00 | 2:17:21 | 32 | 2:26 | 6:05 | 7:18 | 9:47 | 32 | 2:14 | 4:28 | 5:33 | 6:42 | 32 | 63 | 2:08 | 3:11 | 4:16 |
| 29:51:00 | 62:03:00 | 2:17:21 | 31 | 2:30 | 6:15 | 7:30 | 10:02 | 31 | 2:18 | 4:36 | 5:45 | 6:54 | 31 | 65 | 2:12 | 3:17 | 4:24 |
| 30:40:00 | 63:46:00 | 2:21:04 | 30 | 2:34 | 6:24 | 7:42 | 10:18 | 30 | 2:22 | 4:44 | 5:55 | 7:06 | 30 | 67 | 2:16 | 3:23 | 4:32 |