

from **Jack Daniels'** *Running Formula* 2nd ed.

Current race ability			R (rep pace)			I (intervals)				T (threshold)		M (marathon		E (easy)		
5,000	10,000	Marathon	200	400	800	400	1,000	1,200	1,600	400	1,000	Mile	Mile	Kilometer	Mile	Kilometer
15:29	32:09	2:28:35	:34	:68	2:16	:74	3:05	3:42	4:56	:80	3:21	5:24	5:40	3:31	6:46	4:09
16:07	33:26	2:34:33	:35	:71	2:22	:77	3:13	3:51	5:08	:83	3:29	5:36	5:53	3:39	6:53	4:16
16:48	34:50	2:41:03	:37	:74	2:28	:80	3:20	4:00	5:20	:87	3:36	5:50	6:08	3:48	7:05	4:24
17:17	35:51	2:45:43	:38	:76	2:32	:82	3:25	4:06	5:28	:89	3:43	5:59	6:19	3:55	7:13	4:29
17:48	36:56	2:50:40	:39	:78	2:36	:84	3:30	4:12	5:36	:92	3:50	6:10	6:30	4:02	7:16	4:34
18:22	38:05	2:55:57	:40	:81	2:42	:87	3:37	4:20	5:48	:95	3:58	6:23	6:42	4:10	7:33	4:41
18:57	39:19	3:01:35	:41	:83	2:46	:89	3:43	4:27	5:56	:97	4:04	6:32	6:55	4:18	7:41	4:46
19:36	40:38	3:07:35	:43	:86	2:52	:92	3:50	4:36	6:08	1:40	4:11	6:44	7:09	4:26	7:53	4:54
20:17	42:04	3:14:02	:44	:89	2:58	:95	3:58	4:45	6:20	1:44	4:20	6:57	7:24	4:35	8:05	5:01
21:01	43:35	3:20:56	:46	:92	3:04	:98	4:05	4:54	6:32	1:47	4:27	7:10	7:39	4:45	8:19	5:10
21:49	45:15	3:28:23	:48	:96	3:12	1:42	4:15	5:06	6:48	1:51	4:38	7:26	7:56	4:56	8:35	5:20
22:41	47:03	3:36:24	:50	1:40	3:20	1:46	4:25	5:18	7:04	1:55	4:48	7:43	8:15	5:07	8:51	5:30
23:37	49:00	3:45:05	:52	1:44	3:28	1:50	4:35	5:30	7:20	1:59	5:00	8:00	8:35	5:20	9:08	5:40
24:38	51:08	3:54:30	:54	1:48	3:36	1:54	4:45	5:42	7:36	2:03	5:08	8:16	8:56	5:33	9:25	5:51
25:00	51:57	3:58:00	:54	1:48	3:52	1:56	4:50	5:48	7:44	2:06	5:16	8:28	9:05	5:38	10:08	6:18
26:00	53:59	4:06:56	:55	1:51	3:42	1:59	4:57	5:57	7:55	2:10	5:25	8:44	9:25	5:51	10:22	6:26
27:00	56:04	4:15:59	:57	1:54	3:47	2:02	5:04	6:05	8:07	2:14	5:35	8:59	9:46	6:04	10:36	6:35
28:00	58:10	4:25:07	:58	1:56	3:53	2:04	5:11	6:13	8:18	2:18	5:45	9:15	10:07	6:17	10:50	6:44
29:00	1:00:17	4:34:15	1:00	1:59	3:58	2:07	5:18	6:21	8:29	2:22	5:54	9:30	10:28	6:30	11:03	6:52