

Training Paces (per mile) for 5k Runners

5k PR	VDOT	Easy	Easy/Mod	Moderate	Tempo	Threshold	CV	Aerobic Power	V.O2 Max
19:00	53	8:40-8:58	8:06-8:22	7:38-7:52	6:51-7:02	6:32-6:41	6:15-6:23	5:59-6:07	5:45-5:52
20:00	50	9:05-9:25	8:31-8:47	8:01-8:15	7:12-7:23	6:51-7:01	6:33-6:42	6:17-6:25	6:02-6:10
21:00	47	9:31-9:52	8:55-9:12	8:23-8:39	7:32-7:44	7:11-7:21	6:52-7:01	6:35-6:43	6:20-6:27
22:00	45	9:57-10:18	9:19-9:37	8:46-9:02	7:52-8:05	7:30-7:41	7:10-7:20	6:53-7:01	6:37-6:44
23:00	42	10:23-10:45	9:43-10:02	9:09-9:25	8:13-8:25	7:50-8:01	7:29-7:39	7:10-7:19	6:54-7:02
24:00	40	10:48-11:11	10:07-10:27	9:31-9:48	8:33-8:46	8:09-8:21	7:47-7:58	7:28-7:37	7:11-7:19
25:00	38	11:14-11:38	10:31-10:51	9:54-10:12	8:53-9:07	8:28-8:40	8:06-8:17	7:46-7:55	7:28-7:36
26:00	37	11:39-12:04	10:55-11:16	10:16-10:35	9:13-9:28	8:47-9:00	8:24-8:35	8:03-8:13	7:45-7:54
27:00	35	12:05-12:30	11:18-11:41	10:39-10:58	9:33-9:48	9:06-9:20	8:42-8:54	8:21-8:31	8:02-8:11
28:00	34	12:30-12:57	11:42-12:05	11:01-11:21	9:53-10:09	9:26-9:39	9:01-9:13	8:38-8:49	8:18-8:28
29:00	32	12:55-13:23	12:06-12:30	11:23-11:44	10:13-10:29	9:45-9:59	9:19-9:31	8:56-9:07	8:35-8:45
30:00	31	13:20-13:49	12:29-12:54	11:45-12:07	10:33-10:50	10:04-10:18	9:37-9:50	9:13-9:25	8:52-9:02
*Perceived Effort		1	2	3	4	5	6	7	8
Heart Rate		70-77%		78-82%	83-86%	87-89%	90-92%	93-97%	98-100%

Max heart rate is ~ 200 beats per minute. To calculate heart rate simply count the number of heart beats immediately following activity for 15 seconds and multiply by 2 to determine percent of max HR; heart rate science isn't perfect, and it is possible to exceed 200 beats per minute for some athletes.

* The perceived effort scale is a general rule of thumb. For instance, you may have days that were supposed to be easy running that you either didn't feel good or the weather made you put in more effort, or you may have been scheduled to do a more difficult session, but you felt better than anticipated

Any workouts performed in the yellow or orange category should be followed by at least one green day.