

vVO2 Mile Time Calculation Chart					
400m	800m	1500m	1-Mile (vVo2)	3000m	5k
:55	2:10	4:30	4:50	9:46	17:00
:55	2:11	4:33	4:54	9:55	17:15
:56	2:12	4:36	4:58	10:04	17:30
:56	2:13	4:40	5:02	10:12	17:45
:57	2:14	4:44	5:06	10:20	18:00
:58	2:16	4:48	5:10	10:28	18:15
:59	2:18	4:52	5:14	10:36	18:30
1:00	2:20	4:56	5:18	10:45	18:45
1:01	2:22	5:00	5:24	10:54	19:00
1:01	2:24	5:03	5:28	11:03	19:15
1:02	2:26	5:06	5:32	11:12	19:30
1:03	2:28	5:10	5:35	11:20	19:45
1:03	2:30	5:14	5:38	11:28	20:00
1:04	2:31	5:18	5:42	11:37	20:15
1:04	2:32	5:21	5:46	11:45	20:30
1:05	2:34	5:25	5:52	11:53	20:45
1:05	2:35	5:28	5:56	12:02	21:00
1:06	2:37	5:32	5:59	12:11	21:15
1:06	2:39	5:36	6:02	12:19	21:30
1:07	2:41	5:40	6:08	12:28	21:45
1:07	2:43	5:43	6:13	12:35	22:00
1:08	2:44	5:47	6:17	12:44	22:15
1:09	2:45	5:50	6:18	12:52	22:30
1:09	2:47	5:54	6:24	13:01	22:45
1:10	2:48	5:58	6:28	13:09	23:00
1:10	2:50	6:02	6:31	13:18	23:15
1:11	2:52	6:06	6:34	13:26	23:30
1:12	2:54	6:09	6:40	13:35	23:45
1:13	2:56	6:13	6:44	13:43	24:00
1:13	2:56	6:16	6:46	13:51	24:15
1:14	2:58	6:20	6:50	14:00	24:30
1:14	3:00	6:24	6:56	14:08	24:45
1:15	3:01	6:27	7:00	14:16	25:00

EQUVALENT RACE TIMES

1-Mile (vVo2)	Aerobic (75%)	Aerobic Threshold (+60)	Anaerobic Threshold (+40)	Long Intervals (85%)			
[mm:ss]	[mm:ss]	[mm:ss]	[mm:ss]	800	1000	1200	1600
05:00	6:40	6:00	5:40	2:38	3:18	4:04	5:17
05:15	7:00	6:15	5:55	2:46	3:28	4:16	5:33
05:30	7:20	6:30	6:10	2:54	3:38	4:28	5:49
05:45	7:40	6:45	6:25	3:02	3:48	4:41	6:05
06:00	8:00	7:00	6:40	3:10	3:58	4:53	6:21
06:15	8:20	7:15	6:55	3:18	4:08	5:05	6:37
06:30	8:40	7:30	7:10	3:26	4:18	5:17	6:52
06:45	9:00	7:45	7:25	3:34	4:28	5:29	7:08
07:00	9:20	8:00	7:40	3:42	4:37	5:42	7:24
07:15	9:40	8:15	7:55	3:50	4:47	5:54	7:40
07:30	10:00	8:30	8:10	3:58	4:57	6:06	7:56
07:45	10:20	8:45	8:25	4:06	5:07	6:18	8:12
08:00	10:40	9:00	8:40	4:14	5:17	6:30	8:28
08:15	11:00	9:15	8:55	4:22	5:27	6:43	8:44
08:30	11:20	9:30	9:10	4:30	5:37	6:55	9:00
08:45	11:40	9:45	9:25	4:37	5:47	7:07	9:15
09:00	12:00	10:00	9:40	4:45	5:57	7:19	9:31
09:15	12:20	10:15	9:55	4:53	6:07	7:32	9:47
09:30	12:40	10:30	10:10	5:01	6:17	7:44	10:03
09:45	13:00	10:45	10:25	5:09	6:27	7:56	10:19
10:00	13:20	11:00	10:40	5:17	6:37	8:08	10:35