

Table 9.1 Training Paces for 400/800 Specialists

Current 800 m time	FR (fast reps)				R (economy reps)					I (intervals)			T (threshold)		E (easy)
	200	300	400	600	200	300	400	600	800	400	1,000	1,600	1,000	1,600	Mile
1:42	25	38	51	1:16	29	44	59	1:27	1:56	69	2:53	4:36	3:18	5:16	6:06-6:36
1:44	26	39	52	1:18	30	45	60	1:30	2:00	70	2:55	4:40	3:20	5:20	6:10-6:40
1:46	26	39	53	1:19	30	45	61	1:31	2:02	71	2:58	4:44	3:23	5:24	6:14-6:44
1:48	27	40	54	1:21	31	46	62	1:33	2:04	72	3:00	4:48	3:25	5:28	6:18-6:48
1:50	27	41	55	1:22	31	47	63	1:34	2:06	73	3:03	4:52	3:27	5:32	6:22-6:52
1:52	28	42	56	1:24	32	48	64	1:36	2:08	74	3:05	4:56	3:30	5:36	6:26-6:56
1:54	28	42	57	1:25	32	48	65	1:37	2:10	75	3:08	5:00	3:33	5:40	6:30-7:00
1:56	29	43	58	1:27	33	49	66	1:39	2:12	76	3:10	—	3:35	5:44	6:34-7:04
1:58	29	44	59	1:28	33	50	67	1:40	2:14	77	3:13	—	3:38	5:48	6:38-7:08
2:00	30	45	60	1:30	34	51	68	1:42	2:16	78	3:15	—	3:40	5:52	6:42-7:12
2:02	30	45	61	1:31	34	51	69	1:43	2:18	79	3:18	—	3:43	5:56	6:46-7:16
2:04	31	46	62	1:33	35	52	70	1:45	2:20	80	3:20	—	3:45	6:00	6:50-7:20
2:06	31	47	63	1:34	35	53	71	1:46	2:22	81	3:23	—	3:48	6:04	6:54-7:24
2:08	32	48	64	1:36	36	54	72	1:48	2:24	82	3:25	—	3:50	6:08	6:58-7:28
2:10	32	48	65	1:37	36	54	73	1:49	2:26	83	3:28	—	3:52	6:12	7:02-7:32
2:12	33	49	66	1:39	37	55	74	1:51	2:28	84	3:30	—	3:55	6:16	7:06-7:36
2:14	33	50	67	1:40	37	56	75	1:52	2:30	85	3:33	—	3:58	6:20	7:10-7:40
2:16	34	51	68	1:42	38	57	76	1:54	2:32	86	3:35	—	4:00	6:24	7:14-7:44
2:18	34	51	69	1:43	38	57	77	1:55	2:34	87	3:38	—	4:03	6:28	7:18-7:48
2:20	35	52	70	1:45	39	58	78	1:57	2:36	88	3:40	—	4:05	6:32	7:22-7:52
2:22	35	53	71	1:46	39	59	79	1:58	2:38	89	3:43	—	4:08	6:36	7:26-7:56
2:24	36	54	72	1:48	40	60	80	2:00	2:40	90	3:45	—	4:10	6:40	7:30-8:00
2:26	36	55	73	1:50	40	61	81	2:02	2:42	91	3:48	—	4:13	6:44	7:34-8:04
2:28	37	56	74	1:52	41	62	82	2:04	2:44	92	3:50	—	4:15	6:48	7:38-8:08
2:30	37	56	75	1:53	41	62	83	2:05	2:46	93	3:53	—	4:18	6:52	7:42-8:12
2:32	38	57	76	1:54	42	63	84	2:06	2:48	94	3:55	—	4:20	6:56	7:46-8:16
2:34	38	58	77	1:56	42	63	85	2:07	2:50	95	3:58	—	4:23	7:00	7:50-8:20
2:36	39	59	78	1:58	43	64	86	2:09	2:52	96	4:00	—	4:25	7:04	7:54-8:24
2:38	39	59	79	1:59	43	65	87	2:10	2:54	97	4:03	—	4:28	7:08	7:58-8:28
2:40	40	60	80	2:00	44	66	88	2:12	2:56	98	4:05	—	4:30	7:12	8:02-8:32
2:42	40	61	81	2:02	44	67	89	2:14	2:58	99	4:08	—	4:33	7:16	8:06-8:36
2:44	41	62	82	2:04	45	68	90	2:16	3:00	1:40	4:10	—	4:35	7:20	8:10-8:40
2:46	41	62	83	2:05	45	68	91	2:17	3:02	1:41	4:13	—	4:38	7:24	8:14-8:44
2:48	42	63	84	2:06	46	69	92	2:18	3:04	1:42	4:15	—	4:40	7:28	8:18-8:48

(continued)

Table 9.1 Training Paces for 400/800 Specialists (continued)

Current 800 m time	FR (fast reps)				R (economy reps)					I (intervals)			T (threshold)		E (easy)
	200	300	400	600	200	300	400	600	800	400	1,000	1,600	1,000	1,600	Mile
2:50	42	64	85	2:08	46	70	93	2:20	3:06	1:43	4:18	—	4:43	7:32	8:22-8:52
2:52	43	65	86	2:10	47	71	94	2:22	3:08	1:44	4:20	—	4:45	7:36	8:26-8:56
2:54	43	65	87	2:11	47	72	95	2:24	3:10	1:45	4:23	—	4:48	7:40	8:30-9:00
2:56	44	66	88	2:12	48	72	96	2:25	3:12	1:46	4:25	—	4:50	7:44	8:34-9:04
2:58	44	67	89	2:14	48	73	97	2:26	3:14	1:47	4:28	—	4:53	7:48	8:38-9:08
3:00	45	68	90	2:16	49	74	98	2:28	3:16	1:48	4:30	—	4:55	7:52	8:42-9:12
3:02	45	68	91	2:17	49	74	99	2:29	3:18	1:49	4:33	—	4:58	7:56	8:46-9:16
3:04	46	69	92	2:18	50	75	1:40	2:30	3:20	1:50	4:35	—	5:00	8:00	8:50-9:20
3:06	46	70	93	2:20	50	76	1:41	2:32	3:22	1:51	4:38	—	5:02	8:04	8:54-9:24
3:08	47	71	94	2:22	51	77	1:42	2:34	3:24	1:52	4:40	—	5:05	8:08	8:58-9:28
3:10	47	71	95	2:23	51	77	1:43	2:35	3:26	1:53	4:43	—	5:08	8:12	9:02-9:32

Table created by Jack Daniels' Running Calculator designed by the Run SMART Project.

Table 9.2 Training Paces for 800/1,500 Specialists

Current 800 m time	FR (fast reps)				R (economy reps)					I (intervals)			T (threshold)		E (easy)
	200	300	400	600	200	300	400	600	800	400	1,000	1,600	1,000	1,600	Mile
1:42	25	38	51	1:16	29	44	59	1:27	1:56	67	2:47	4:28	3:07	5:00	5:58-6:28
1:44	26	39	52	1:18	30	45	60	1:30	2:00	68	2:50	4:32	3:10	5:04	6:02-6:32
1:46	26	39	53	1:19	30	45	61	1:31	2:02	69	2:52	4:36	3:12	5:08	6:06-6:36
1:48	27	40	54	1:21	31	46	62	1:33	2:04	70	2:55	4:40	3:15	5:12	6:10-6:40
1:50	27	41	55	1:22	31	47	63	1:34	2:06	71	2:57	4:44	3:17	5:16	6:14-6:44
1:52	28	42	56	1:24	32	48	64	1:36	2:08	72	3:00	4:48	3:20	5:20	6:18-6:48
1:54	28	42	57	1:25	32	48	65	1:37	2:10	73	3:02	4:52	3:22	5:24	6:22-6:52
1:56	29	43	58	1:27	33	49	66	1:39	2:12	74	3:05	4:56	3:25	5:28	6:26-6:56
1:58	29	44	59	1:28	33	50	67	1:40	2:14	75	3:07	5:00	3:27	5:32	6:30-7:00
2:00	30	45	60	1:30	34	51	68	1:42	2:16	76	3:10	—	3:30	5:36	6:34-7:04
2:02	30	45	61	1:31	34	51	69	1:43	2:18	77	3:12	—	3:32	5:40	6:38-7:08
2:04	31	46	62	1:33	35	52	70	1:45	2:20	78	3:15	—	3:35	5:44	6:42-7:12
2:06	31	47	63	1:34	35	53	71	1:46	2:22	79	3:17	—	3:37	5:48	6:46-7:16
2:08	32	48	64	1:36	36	54	72	1:48	2:24	80	3:20	—	3:40	5:52	6:50-7:20