

This is a version of the Daniels VDOT tables in which I've included the Mile and 5k times associated with a particular VDOT value. The tables found in the book and on the web are two sets. The first is used to determine the VDOT from various race times, the second is the table below only I've added the mile and 5K times so you don't need the first if you determine your VDOT from one of these distances. NOT included is the "Marathon" pace and the E/L km pace because I don't think many coaches would use these and they clutter the table. I've also rounded the insanely fast mile and 5k times at the bottom.

Vdot	5k	Mile	E/L	T-Pace			I-Pace				R-Pace			
			Mile	400	1000	mile	400	1000	1200	Mile	200	400	800	
30	30:40	9:11	12:16	2:33	6:24	10:18	2:22					67	2:16	
32	29:05	8:41	11:41	2:26	6:05	9:47	2:14					63	2:08	
34	27:39	8:14	11:09	2:19	5:48	9:20	2:08					60	2:02	
36	26:22	7:49	10:40	2:13	5:33	8:55	2:02	5:07				57	1:55	
38	25:12	7:27	10:14	2:07	5:19	8:33	1:56	4:54				54	1:50	
40	24:08	7:07	9:50	2:02	5:06	8:12	1:52	4:42				52	1:46	
42	23:09	6:49	9:28	1:57	4:54	7:52	1:48	4:31				50	1:42	
44	22:15	6:32	9:07	1:53	4:43	7:33	1:44	4:21				48	98	
45	21:50	6:25	8:58	1:51	4:38	7:25	1:42	4:16				47	96	
46	21:25	6:17	8:48	1:49	4:33	7:17	1:40	4:12	5:00			46	94	
47	21:02	6:10	8:39	1:47	4:29	7:10	98	4:07	4:54			45	92	
48	20:39	6:03	8:31	1:45	4:24	7:02	96	4:03	4:49			44	90	
49	20:18	5:56	8:22	1:43	4:20	6:55	95	3:59	4:45			44	89	
50	19:57	5:50	8:14	1:42	4:15	6:51	93	3:55	4:41			43	87	
51	19:36	5:44	8:07	1:40	4:11	6:44	92	3:51	4:36			42	86	
52	19:17	5:38	7:59	98	4:07	6:38	91	3:48	4:33			42	85	
53	18:58	5:32	7:52	97	4:04	6:32	90	3:44	4:29			41	84	
54	18:40	5:27	7:45	95	4:00	6:26	88	3:41	4:25			40	82	
55	18:22	5:21	7:38	94	3:56	6:20	87	3:37	4:21			40	81	
56	18:05	5:16	7:31	93	3:53	6:15	86	3:34	4:18			39	80	
57	17:49	5:11	7:25	91	3:50	6:09	85	3:31	4:15			39	79	
58	17:33	5:06	7:19	90	3:45	6:04	83	3:28	4:10			38	77	
59	17:17	5:02	7:13	89	3:43	5:59	82	3:25	4:07			37	76	
60	17:03	4:57	7:07	83	3:40	5:54	81	3:23	4:03			37	75	2:30
61	16:48	4:53	7:01	86	3:37	5:50	80	3:20	4:00			36	74	2:28
62	16:34	4:49	6:56	85	3:34	5:45	79	3:17	3:57			36	73	2:26
63	16:20	4:45	6:50	84	3:32	5:41	78	3:15	3:54			35	72	2:24
64	16:07	4:41	6:45	83	3:29	5:36	77	3:12	3:51			35	71	2:22
65	15:54	4:37	6:40	82	3:26	5:32	76	3:10	3:48			34	70	2:20
66	15:42	4:33	6:53	81	3:24	5:28	75	3:08	3:45	5:00		34	69	2:18
67	15:29	4:30	6:30	80	3:21	5:24	74	3:05	3:42	4:57		33	68	2:16
68	15:18	4:26	6:26	79	3:19	5:20	73	3:03	3:39	4:53		33	67	2:14
69	15:06	4:23	6:21	78	3:16	5:16	72	3:01	3:36	4:50		32	62	2:12
70	14:55	4:19	6:17	77	3:14	5:13	71	2:59	3:34	4:46		32	65	2:10
71	14:44	4:16	6:12	76	3:12	5:09	70	2:57	3:31	4:43		31	64	2:08
72	14:33	4:13	6:08	76	3:10	5:05	69	2:55	3:29	4:40		31	63	2:06
73	14:23	4:10	6:04	75	3:08	5:02	69	2:53	3:27	4:37		31	62	2:05
74	14:13	4:07	6:00	74	3:06	4:59	68	2:51	3:25	4:34		30	62	2:04
75	14:03	4:04	5:56	74	3:04	4:56	67	2:49	3:22	4:31		30	61	2:03
76	13:54	4:02	5:52	73	3:02	4:52	66	2:48	3:20	4:28		29	60	2:02
77	13:44	3:58	5:48	72	3:00	4:49	65	2:46	3:18	4:25		29	59	2:00
78	13:35	3:56	5:45	71	2:58	4:46	65	2:44	3:16	4:23		29	59	1:59
79	13:26	3:54	5:41	70	2:56	4:43	64	2:42	3:14	4:20		28	58	1:58
80	13:18	3:51	5:38	70	2:54	4:41	64	2:41	3:12	4:17		28	53	1:56
81	13:09	3:49	5:34	69	2:53	4:38	63	2:39	3:10	4:15		28	57	1:55
82	13:01	3:46	5:31	68	2:51	4:35	62	2:38	3:08	4:12		27	56	1:54
83	12:53	3:44	5:28	68	2:49	4:32	62	2:36	3:07	4:10		27	56	1:53
84	12:45	3:42	5:25	67	2:48	4:30	61	2:35	3:05	4:08		27	55	1:52
85	12:37	3:40	5:21	66	2:46	4:27	61	2:33	3:03	4:05		27	55	1:51