

Microsoft Excel - DanielsTables2-9d.xls																			
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G5 3:41:48 AM																			
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R		
2	Height (in): 74		Age: 54		Daniels' Training Tables Rev2.9d										Intensity Points Grid Hide Show				
3	Weight (lb): 195		HRmax: 186		A Collection of Jack Daniels' Related Guidelines (& Other Tools)														
4	☐ Metric ☒ Male																		
5	Distance: Marathon		Time: 3:41:48		VDOT = 41.7		Lactate Threshold Zone (LT)												
6	S	Zone / Distance	Recovery	Easy Aerobic Zone				Mod Aero	Hi Aero	Marathon	1/2 Mar	15k	12k	10k	8k	5k	3k	1 Mile	
9		% of HRmax	65.0%	70.0%	73.0%	75.0%	78.0%	80.9%	83.9%	85.7%	87.7%	88.7%	89.7%	91.7%	95.1%	98.4%	100.0%		
10		Train / Race HR	121	130	136	140	145	151	156	159	163	165	167	171	177	183	186		
11		Points Factor	0.100	0.167	0.217	0.250	0.309	0.359	0.430	0.480	0.534	0.567	0.600	0.667	0.800	0.917	1.250		
12		Pace / Mile	10:52	10:13	9:51	9:31	9:10	8:49	8:28	8:07	7:57	7:51	7:46	7:39	7:27	7:02	6:31		
13		Pace / km	6:45	6:21	6:07	5:55	5:42	5:29	5:15	5:03	4:56	4:52	4:49	4:45	4:38	4:22	4:03		
14			2nd edition 1st edition		Race Times-->		3:41:48	1:46:23	1:14:06	0:58:30	0:48:13	0:38:04	0:23:08	0:13:06	0:06:31				
43																			
44	Pace for Tempo Runs of 20 to 60 Minutes at VDOT 41.7 (Daniels)										☐ Metric	Add Time	Extended Prediction Table			Age/Sex Grading			
45	Duration	20 min	25 min	30 min	35 min	40 min	45 min	50 min	55 min	60 min	(min:ss)	Age: 54	☒ Male	vs Age 33					
46	Pace / mile	7:56	8:02	8:06	8:09	8:12	8:14	8:16	8:19	8:22	6:27	Distance	Time	Pace/mi	☒ Male	Pace/mi			
47	Approx Distance	2.5 mi	3 mi	3.5 mi	4.5 mi	5 mi	5.5 mi	6 mi	6.5 mi	7 mi	6:45	1500m	0:06:02	6:28	0:05:10	5:32			
48	20 min run at Threshold Pace - Longer runs adjusted for proper intensity.								Rounded to nearest 1/2 mile		6:38	1 Mile	0:06:31	6:31	0:05:34	5:34			
49											8:10	2k	0:08:22	8:44	0:07:09	5:46			
50	Interval Split Times in US/Imperial Distances (Daniels)										☐ Metric	7:45	3k	0:13:06	7:02	0:11:12	6:01		
51	Pace per / mile	110yd	220yd	330yd	440yd	660yd	880yd	1100yd	1320yd	1 mile	7:50	2 Mile	0:14:08	7:04	0:12:05	8:03			
52	(R)epetition : 6:52	0:26	0:52	1:17	1:43	2:35	3:26	4:18	5:09	6:52	8:45	3 Mile	0:22:17	7:26	0:19:04	6:21			
53	(I)nterval : 7:16	0:27	0:55	1:22	1:49	2:44	3:38	4:33	5:27	7:16	10:00	5k	0:23:08	7:27	0:19:47	6:22			
54	(T)hreshold : 7:56	0:30	0:59	1:29	1:59	2:58	3:58	4:57	5:57	7:56	7:32	4 Mile	0:30:14	7:33	0:25:52	6:28			
55	1500 Mile: 6:31	0:24	0:49	1:13	1:38	2:27	3:16	4:04	4:53	6:31	9:09	8k	0:38:04	7:39	0:32:34	6:33			
56	5k Pace: 7:27	0:28	0:56	1:24	1:52	2:48	3:43	4:39	5:35	7:27	8:00	5 Mile	0:38:18	7:40	0:32:46	6:33			
57	10k Pace: 7:46	0:29	0:58	1:27	1:56	2:55	3:53	4:51	5:49	7:46		10k	0:48:13	7:46	0:41:15	6:38			
58	Top 3 are Daniels' R, I, and T Paces - Bottom 3 are Generic 1 Mile, 5k, and 10k Paced Intervals											12k	0:58:30	7:51	0:50:02	6:43			
59											1:27:01	15k	1:14:06	7:57	1:03:23	6:48			
60	Projected Adverse Impact of High Temperatures on Marathon Time (Daniels)										☐ Metric	87:01	10 Miles	1:19:51	7:59	1:08:18	6:50		
61	Temperature	60° f	65° f	70° f	75° f	80° f	85° f	90° f	95° f	100° f	7:55 avg	20k	1:40:32	8:05	1:26:00	6:55			
62	Adjusted Time	3:41:48	3:43:28	3:45:08	3:46:47	3:48:27	3:50:07	3:51:47	3:53:27	3:55:06	11 Splits	1/2 Mar	1:46:23	8:07	1:31:00	6:57			
63	Adj Pace / mile	8:28	8:31	8:35	8:39	8:43	8:47	8:50	8:54	8:58	x 1.0	25k	2:07:21	8:12	1:48:56	7:01			
64	Performance is not adversely affected at 60° or lower.											30k	2:34:30	8:17	2:12:10	7:05			
65											Subtract	Marathon	3:41:48	8:28	3:09:44	7:14			
66	Projected Impact of Weight on Marathon Time (Daniels)										1:29:21	50k	4:25:31	8:33	3:47:08	7:19			
67	Male	age: 54	Height (in): 74.0		Weight (lb): 195		☐ Metric			- 0:20:08	Racing Statistics		☐ Metric	Fastest Ages					
68	Projected Weight	211	203	195	187	179	172	164	156	148	1:09:13	IAAF	BunigUSA	ARRS	M: 23-27 / F: 21-28				
69	Adjusted VDOT	38.6	40.1	41.7	43.4	45.3	47.4	49.6	52.1	54.9									
70	Estimated Time	3:56:26	3:49:08	3:41:48	3:34:25	3:26:58	3:19:28	3:11:55	3:04:18	2:56:37	Age Graded Time - Marathon			Free Form VDOT Calculator					
71	Est Pace / mile	9:01	8:44	8:28	8:11	7:54	7:36	7:19	7:02	6:44	M 54 - Your Time 3:41:48		Kilometers	Time	%VO2max				
72	Estimated Times & Pace are +/- 2 seconds per mile								Weight Increment: 4.0%		Open Class Equivalent 3:08:25	5.0	0:20:28	95.16%					
73													VDOT = 48.5		☒ Metric				
74	Body Mass Index (BMI)					Male	Age: 54	Hgt: 74	Wgt: 195	Current BMI = 25	Estimate Time Adjustments								
75	BMI Range	<18.5	18.5	19	20	21	22	23	24	25	>25	M 54 - Your Time 3:41:48		Pace Calculator					
76	for 6 ft 2 in	Too Thin	144 lb	148 lb	156 lb	164 lb	171 lb	179 lb	187 lb	195 lb	OvrWeight	Current Weight - 195		Miles	Time	Pace			
77																			
78																			