

Running Chart

Base Marker: 3 Miles

21:00

Easy Run: 8:45
Tempo Run: 7:24
Vo2 Max: 6:42
Speed: 6:10

20:30

Easy Run: 8:34
Tempo Run: 7:14
Vo2 Max: 6:33
Speed: 6:05

20:00

Easy Run: 8:23
Tempo Run: 7:04
Vo2 Max: 6:24
Speed: 5:57

19:30

Easy Run: 8:12
Tempo Run: 6:45
Vo2 Max: 6:15
Speed: 5:48

19:00

Easy Run: 8:01
Tempo Run: 6:44
Vo2 Max: 6:06
Speed: 5:40

18:30

Easy Run: 7:50
Tempo Run: 6:35
Vo2 Max: 5:57
Speed: 5:31

18:00

Easy Run: 7:38
Tempo Run: 6:25
Vo2 Max: 5:48
Speed: 5:23

17:30

Easy Run: 7:27
Tempo Run: 6:15
Vo2 Max: 5:39
Speed: 5:14

17:00

Easy Run: 7:15
Tempo Run: 6:05
Vo2 Max: 5:30
Speed: 5:06

16:30

Easy Run: 7:04
Tempo Run: 5:55
Vo2 Max: 5:21
Speed: 4:57

16:00

Easy Run: 6:52
Tempo Run: 5:45
Vo2 Max: 5:11
Speed: 4:48

15:30

Easy Run: 6:41
Tempo Run: 5:35
Vo2 Max: 5:02
Speed: 4:40

15:00

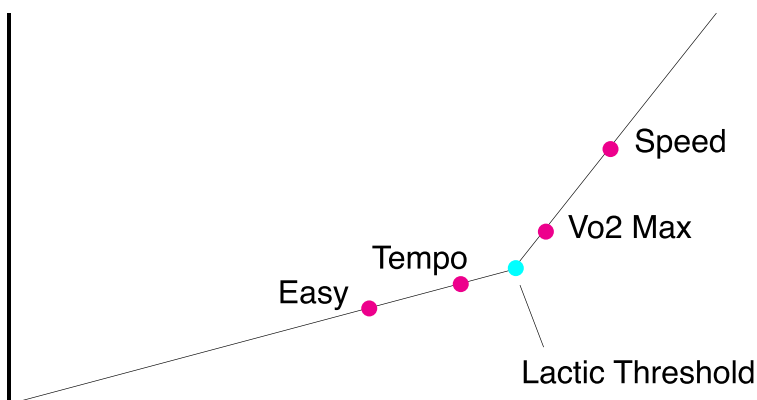
Easy Run: 6:29
Tempo Run: 5:25
Vo2 Max: 4:53
Speed: 4:31

14:30

Easy Run: 6:17
Tempo Run: 5:15
Vo2 Max: 4:44
Speed: 4:23

14:00

Easy Run: 6:05
Tempo Run: 5:05
Vo2 Max: 4:35
Speed: 4:14



Lactic Threshold is defined as the intensity of exercise at which lactate begins to accumulate in the blood at a faster rate than it can be removed.

If you're running at a 6:30 pace and feel like you can comfortably run 3 miles or more, you are below lactic threshold. When you run say 15 sec/mile faster and feel like you're way winded, you hit your lactic threshold.