

vVO2 Table Instructions:

- 1) go to this link: <http://www.coacheseducation.com/endur/jack-daniels-nov-00.htm>
- 2) Scroll down to TABLE 1 and find a recent race time.
- 3) Scroll to the left or right to find your equivalent two mile time.
- 4) Divide by two to find your vVO2 (mile pace)
- 5) Use mile pace to find appropriate pace per interval

Ex:

Workout: 400m Intervals @ vVO2 pace

Recent: 10k 42:10

Using table:

42:10 = ~42:04 10k on chart = 12:41 two mile

12:41 two mile / 2 = ~6:20 vVO2

Therefore you 400m intervals should be done at 1:35 per 400m.