

	Aerobic	Aerobic	Anaerobic	Anaerobic	Anaerobic
	Endurance	Endurance	Threshold (T)		VO2max
Estimated threshold (T) pace from 20x100 on 20s rest	Low intensity		Optimal for endurance improvement (40-60min duration)	Uncomfortable (20-40min duration)	High intensity (500 race pace)
All times in seconds	Short 5-10s rest		10-20s rest	15-30s rest	30-90s rest
	8% below T	5% below T		3.5% above T	7% above T
	White	Pink	Red	Blue	Purple
55	59.4	57.75	55	53.075	51.15
56	60.48	58.8	56	54.04	52.08
57	61.56	59.85	57	55.005	53.01
58	62.64	60.9	58	55.97	53.94
59	63.72	61.95	59	56.935	54.87
60	64.8	63	60	57.9	55.8
61	65.88	64.05	61	58.865	56.73
62	66.96	65.1	62	59.83	57.66
63	68.04	66.15	63	60.795	58.59
64	69.12	67.2	64	61.76	59.52
65	70.2	68.25	65	62.725	60.45
66	71.28	69.3	66	63.69	61.38
67	72.36	70.35	67	64.655	62.31
68	73.44	71.4	68	65.62	63.24
69	74.52	72.45	69	66.585	64.17
70	75.6	73.5	70	67.55	65.1
71	76.68	74.55	71	68.515	66.03
72	77.76	75.6	72	69.48	66.96
73	78.84	76.65	73	70.445	67.89
74	79.92	77.7	74	71.41	68.82
75	81	78.75	75	72.375	69.75
76	82.08	79.8	76	73.34	70.68
77	83.16	80.85	77	74.305	71.61
78	84.24	81.9	78	75.27	72.54
79	85.32	82.95	79	76.235	73.47
80	86.4	84	80	77.2	74.4
81	87.48	85.05	81	78.165	75.33
82	88.56	86.1	82	79.13	76.26
83	89.64	87.15	83	80.095	77.19
84	90.72	88.2	84	81.06	78.12
85	91.8	89.25	85	82.025	79.05
86	92.88	90.3	86	82.99	79.98
87	93.96	91.35	87	83.955	80.91
88	95.04	92.4	88	84.92	81.84
89	96.12	93.45	89	85.885	82.77
90	97.2	94.5	90	86.85	83.7
91	98.28	95.55	91	87.815	84.63
92	99.36	96.6	92	88.78	85.56
93	100.44	97.65	93	89.745	86.49
94	101.52	98.7	94	90.71	87.42
95	102.6	99.75	95	91.675	88.35
96	103.68	100.8	96	92.64	89.28
97	104.76	101.85	97	93.605	90.21
98	105.84	102.9	98	94.57	91.14
99	106.92	103.95	99	95.535	92.07
100	108	105	100	96.5	93
101	109.08	106.05	101	97.465	93.93
102	110.16	107.1	102	98.43	94.86
103	111.24	108.15	103	99.395	95.79
104	112.32	109.2	104	100.36	96.72
105	113.4	110.25	105	101.325	97.65

Now fill in your paces here (the paces from the chart above go in the black box for 100%).

	70%	80%	90%	100%	110%
White					
Pink					
Red					
Blue					
Purple					