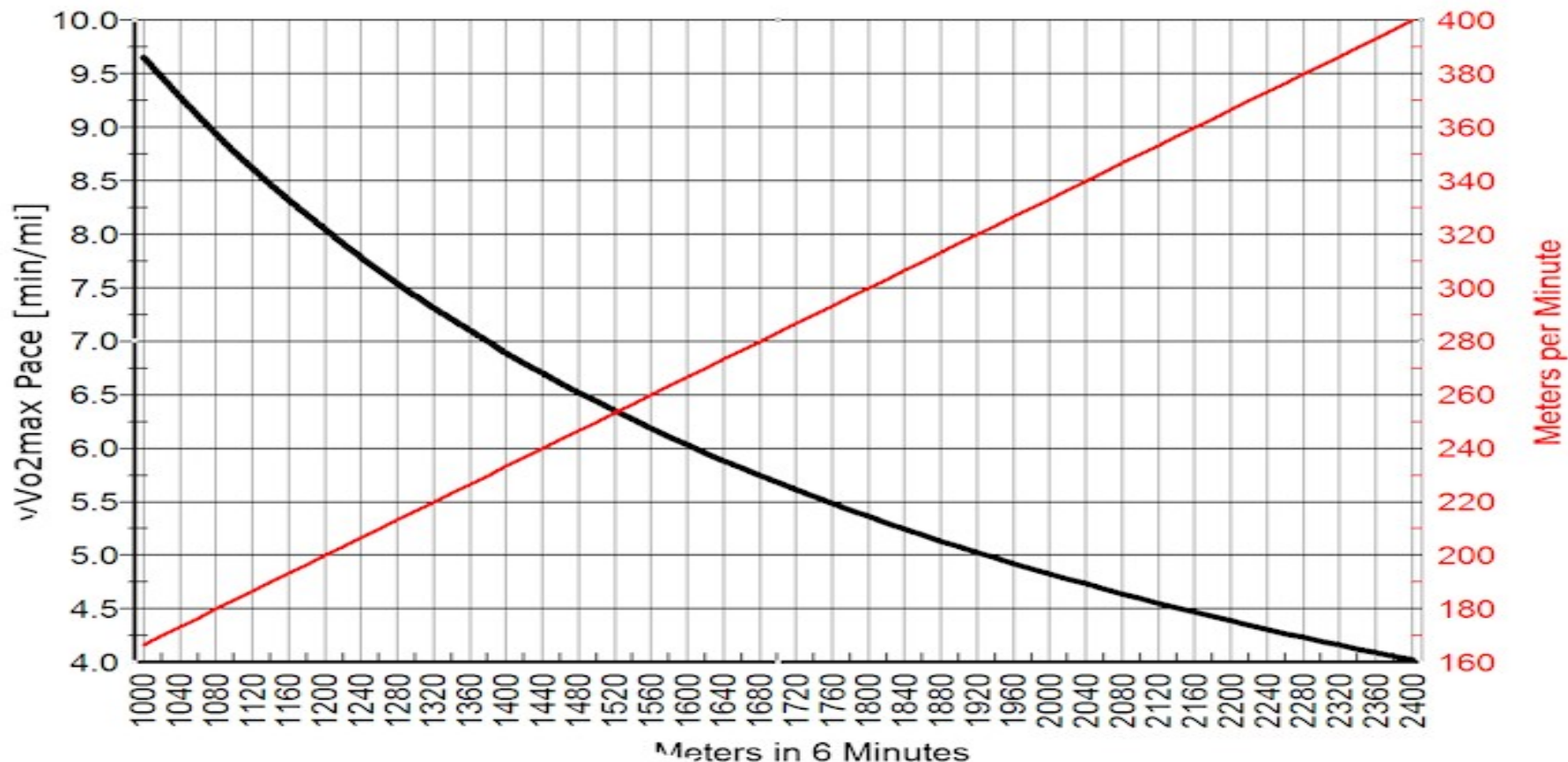


vVO₂max Conversion Chart



Example assuming 1680m in 6mins to run 800m intervals: time= 800 / 280m/min= 2.86mins= 2:51

This chart provides a convenient means to convert your vVO₂max **6 minute-distance** test to your equivalent vVO₂max **Pace** and **meters-per- minute** for planing interval workouts.

Generally, you should do your 6 minute-distance test about every 3 or 4 weeks and more often during peaking periods for important races. It will clearly show if you are progressing as planned or perhaps retrogressing do to over-training. Most runners reach new plateaus in about 6 weeks.

Important: If your distance changes, always use the new value and recalculate your Pace and Interval times. If your vVO₂max increases [great], adjust accordingly and reach for a new plateau. If it decreases [you may be over-trained or have not been training for awhile] again, adjust accordingly; do not attempt to return to your previous level by basing your intervals on it. It is not likely to help much and you'll risk injury. Be patient and you will return to your previous speed faster than you may think [Hint, much of our improvement is mental and our brains remember the faster speeds.].

To use the chart: Run your 6 minute-distance test and carefully note the distance in meters. Locate the value on the X-axis and draw a vertical up the chart. Read your vVO₂max Pace from the left Y-axis that corresponds to the point where your line intersects the black curve. Pace is shown as min.dec; convert to min:sec. Read your intervals Minutes-per-Mile time from the right Y-axis that corresponds to the point where your line intersects the red curve. The math for calculating your interval time is easy. Interval Time = interval-distance / your minutes-per-mile The result is in minutes.decimals; convert to minutes: seconds. There is an example just under the chart.