

Determination of prescribed velocities in basic endurance training

TEST			V _{cr} CALCULATIONS			TRAINING METHODS			
30 Min Test	45 min Test	60 min Test	Velocity	Time per km	Time per 400 m	Endurance run for Regeneration	30-90 min endurance run, or 30-60min tempo run		Extensive interval
(m)	(m)	(m)	(m/sec)	/1km	/400m	70%	85%	90%	97% >100%
5400	8100	10800	3.0	5:33	2:13	7:56	6:32	6:10	5:44 5:13-5:23
5580	8370	11160	3.1	5:23	2:09	7:40	6:20	5:53	5:33 5:03-5:13
5760	8640	11520	3.2	5:13	2:05	7:26	6:08	5:47	5:22 4:53-5:03
5940	8910	11880	3.3	5:03	2:01	7:13	5:57	5:37	5:12 4:43-4:53
6120	9180	12240	3.4	4:54	1:58	7:00	5:46	5:27	5:03 4:34-4:44
6300	9450	12600	3.5	4:46	1:54	6:43	5:36	5:17	4:55 4:26-4:36
6480	9720	12960	3.6	4:33	1:51	6:37	5:27	5:09	4:46 4:18-4:28
6660	9990	13320	3.7	4:30	1:48	6:26	5:18	5:00	4:39 4:10-4:20
6840	10260	13680	3.8	4:23	1:45	6:16	5:10	4:52	4:31 4:03-4:13
7020	10530	14040	3.9	4:16	1:42	6:06	5:02	4:45	4:24 3:56-4:06
7200	10800	14400	4.0	4:10	1:40	5:57	4:54	4:38	4:15 3:50-4:00
7380	11070	14760	4.1	4:04	1:38	5:43	4:47	4:31	4:11 3:44-3:54
7560	11340	15120	4.2	3:58	1:35	5:40	4:40	4:25	4:05 3:38-3:48
7740	11610	15480	4.3	3:53	1:33	5:32	4:34	4:19	4:00 3:33-3:43
7920	11880	15840	4.4	3:47	1:31	5:25	4:27	4:13	3:54 3:27-3:37
8100	12150	16200	4.5	3:42	1:29	5:17	4:21	4:07	3:49 3:22-3:32
8280	12420	16560	4.6	3:37	1:27	5:11	4:16	4:02	3:44 3:17-3:27
8460	12690	16920	4.7	3:33	1:25	5:04	4:10	3:56	3:39 3:13-3:23
8640	12960	17280	4.8	3:28	1:23	4:53	4:05	3:51	3:35 3:08-3:18
8820	13230	17640	4.9	3:24	1:22	4:52	4:00	3:47	3:30 3:04-3:14
9000	13500	18000	5.0	3:20	1:20	4:46	3:55	3:42	3:26 3:00-3:10
9180	13770	18360	5.1	3:16	1:18	4:40	3:51	3:38	3:22 2:56-3:06
9360	14040	18720	5.2	3:12	1:16	4:35	3:46	3:34	3:18 2:52-3:02
9540	14310	19080	5.3	3:09	1:15	4:30	3:42	3:30	3:15 2:49-2:59
9720	14580	19440	5.4	3:05	1:14	4:25	3:38	3:26	3:10 2:45-2:55
9900	14850	19800	5.5	3:01	1:13	4:20	3:34	3:22	3:07 2:41-2:51
10080	15120	20160	5.6	2:58	1:11	4:16	3:30	3:18	3:04 2:38-2:28
10260	15390	20520	5.7	2:55	1:10	4:10	3:26	3:15	3:01 2:35-2:25
10440	15660	20880	5.8	2:52	1:08	4:06	3:23	3:11	2:58 2:32-2:22
10620	15930	21240	5.9	2:49	1:07	4:02	3:19	3:08	2:55 2:29-2:19
10800	16200	21600	6.0	2:46	1:06	3:58	3:16	3:05	2:52 2:26-2:16

Lange,G.; Pöhlitz,L. 1995 updated 2014