

This is a quick-access version of the famous Jack Daniels Charts for South Jersey Cross Country Coaches.

VDOT	Mile	2 Mile	5K	Flat XC	Holmdel	Easy Pace	1000 Threshold	1 Mile Threshold	400 Race Pace	1000 Meter Race Pace (Flat)	1 Mile Race Pace (Flat)
30	9:11	19:19	30:40	32:10	32:40	12:16	6:24	10:18	2:34	6:26	10:18
32	8:41	18:18	29:05	30:30	31:00	11:41	6:05	9:47	5:47	6:06	9:47
34	8:14	17:24	27:39	28:50	29:20	11:09	5:48	9:20	2:20	5:46	9:19
36	7:49	16:34	26:22	27:22	27:52	10:40	5:33	8:55	2:12	5:28	8:48
38	7:27	15:49	25:12	26:12	26:42	10:14	5:19	8:33	2:07	5:14	8:27
40	7:07	15:08	24:08	25:08	25:38	9:50	5:06	8:12	2:01	5:01	8:05
42	6:49	14:31	23:09	24:04	24:34	9:28	4:54	7:52	1:56	4:49	7:45
44	6:32	13:56	22:15	23:08	23:38	9:07	4:43	7:33	1:52	4:37	7:28
45	6:25	13:40	21:50	22:42	23:12	8:58	4:38	7:25	1:50	4:32	7:20
46	6:17	13:25	21:25	22:17	22:47	8:48	4:33	7:17	1:48	4:27	7:11
47	6:10	13:10	21:02	21:54	22:24	8:39	4:29	7:10	1:46	4:22	7:03
48	6:03	12:55	20:39	21:30	22:00	8:31	4:24	7:02	1:44	4:18	6:56
49	5:56	12:41	20:18	21:08	21:38	8:22	4:20	6:55	1:42	4:13	6:48
50	5:50	12:28	19:57	20:47	21:17	8:14	4:15	6:51	1:41	4:09	6:42
51	5:44	12:15	19:36	20:26	20:56	8:07	4:11	6:44	1:39	4:05	6:35
52	5:38	12:02	19:17	19:53	20:23	7:59	4:07	6:38	1:36	3:59	6:25
53	5:32	11:50	18:58	19:43	20:13	7:52	4:04	6:32	1:35	3:57	6:21
54	5:27	11:39	18:40	19:25	19:55	7:45	4:00	6:26	1:34	3:53	6:15
55	5:21	11:28	18:22	19:07	19:37	7:38	3:56	6:20	1:32	3:49	6:10
56	5:16	11:17	18:05	18:50	19:20	7:31	3:53	6:15	1:31	3:46	6:04
57	5:11	11:06	17:49	18:34	19:04	7:25	3:50	6:09	90	3:43	5:59
58	5:06	10:56	17:33	18:17	18:47	7:19	3:45	6:04	88	3:39	5:54
59	5:02	10:46	17:17	18:01	18:31	7:13	3:43	5:59	87	3:36	5:48
60	4:57	10:37	17:03	17:47	18:17	7:07	3:40	5:54	86	3:33	5:44
61	4:53	10:27	16:48	17:22	17:52	7:01	3:37	5:50	84	3:28	5:36
62	4:49	10:18	16:34	17:07	17:37	6:56	3:34	5:45	83	3:25	5:31
63	4:45	10:10	16:20	16:53	17:23	6:50	3:32	5:41	82	3:23	5:26
64	4:41	10:01	16:07	16:40	17:10	6:45	3:29	5:36	81	3:20	5:22
65	4:37	9:53	15:54	16:30	17:00	6:40	3:26	5:32	80	3:18	5:19
66	4:33	9:45	15:42	16:20	16:50	6:35	3:24	5:28	79	3:16	5:16
67	4:30	9:37	15:29	16:10	16:40	6:30	3:21	5:24	78	3:14	5:13
68	4:26	9:30	15:18	16:00	16:30	6:26	3:19	5:20	77	3:12	5:09
69	4:23	9:23	15:06	15:48	16:18	6:21	3:16	5:16	76	3:09	5:05
70	4:19	9:16	14:55	15:35	16:05	6:17	3:14	5:13	75	3:07	5:02
71	4:16	9:09	14:33	15:20	15:50	6:12	3:12	5:09	74	3:05	4:57
72	4:13	9:02	14:23	15:10	15:40	6:08	3:10	5:05	73	3:02	4:53
73	4:10	8:55	14:13	15:00	15:30	6:04	3:08	5:02	72	3:00	4:49
74	4:07	8:49	14:03	14:50	15:20	5:56	3:06	4:59	71	2:57	4:44
75	4:04	8:43	13:54	14:30	15:10	5:52	3:04	4:56	70	2:55	4:40
76	4:02	8:37	13:44	14:20	15:00	5:48	3:02	4:52	69	2:52	4:36