

Run Minnesota Personalized Pace Chart

6-Zone Training System

Current Fitness (Recent Race / Time Trial):	_____
Goal Race / Goal Pace:	_____
VDOT / Fitness Score (Optional):	_____

Effort Level	RPE	Description / Talk Test	Zone	% Max Effort	Pace Range
Recovery	1–2	Go by feel	Z1	0–50%	_____
Easy	2–4	Conversation easy	Z2	50–70%	_____
Moderate	4–6	Somewhat difficult	Z3	70–85%	_____
Hard / Threshold	6–8	Conversation labored	Z4	85–90%	_____
Very Hard / VO2	8–9	Conversation not possible	Z5	90–92%	_____
Sprints / Strides	9–10	Fast & relaxed	Z6	90–100%	_____

Use a recent race performance or time trial to calculate training paces. Online tools such as Jack Daniels' VDOT calculator can help determine accurate training zones.