

WHAT'S YOUR V-DOT AND WHY IS IT IMPORTANT

One of the greatest and most respected endurance coaches in the world is Dr. Jack Daniels. He is a 2 time Olympian; coach of several world record holders and several collegiate national champions. Through his over 40 years of coaching and physiology research, he developed a very simple system to help us regular runners take the guesswork out of training. It is simply called your VDOT value.

Quite simply, the VDOT is a number that is associated with your current fitness or race performances. Based on this VDOT number, you can determine with reasonable accuracy, what you could expect to run at other distances. And even more importantly, you can determine what paces you should be running during your training based on the type of workout you are doing.

Often times, many runners get injured by running random paces or by doing random numbers of miles for their workouts. They do not have a plan. By using this system and combining the information in a plan of action, runners of any ability can expect to see improvement and stay healthier while doing so.

The training programs and fun runs we do through the store are based on the paces of this VDOT system. And as we teach our summer training series we will be referring to these concepts. It is important to know this number to avoid both over and under training.

So in an effort to allow everyone to learn how we determine paces for workouts, please visit the [Jack Daniel's Run Smart Pace Calculator](#) to determine your VDOT and current fitness. This will allow you to know what paces you should anticipate doing at the runs based on the type of workout. It will also allow you to get an idea of what you could expect to run at various distances based on current performances.

The best result to use for this system is a recent 5K race where you pushed yourself hard. This has shown the greatest validity in terms of producing related race and workout performances. Simply click on the link above, enter in your most recent 5K and click calculate. If you do not have a recent 5K, you can use another race distance or go to a track and run a hard 2 mile time trial where you push yourself.

We firmly believe that this system will allow the beginner through advanced runner to achieve better, quicker and safer results by providing a template of paces based on current fitness.

If you have specific training questions or would like help applying this system to your training, be sure contact one of our USA Track and Field or RRCA Certified Coaches.

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