

FRA SLOWTWITCH 16/11-06:

In the thread What's Considered a Good IM Run? , Paulo wrote:

Quote

...

Daniels T pace is the functional threshold pace for one hour. SO that means that you can work out what pace as a percentage of functional threshold pace does running a marathon in an Ironman equates to.
Does the approach sound familiar?

...

I would say that it is very similar to cycling. The range might be 75-80% of FT, with the best runners really close to 80%. BTW, I also think that good cyclists can be near 80% of FTP and still run.

I liked the approach but the thread was deleted by the OP, so I started this to continue the discussion.

The table shows the 75-80% range for the IM Run and 90-95% range for the HIM Run using 10k and HM times from Daniels VDOT Tables:

Steve, I preferred not to include the predicted marathon times because, IMHO, they are almost impossible to reach without specific marathon training, so I thought they not be very useful for HIM/IM discussion.
OTOH the predicted marathon pace could be a nice target for HIM: it is 94-96% FT-Pace with 95% average, someway addressing Murphy'sLaw concern.

VDOT	10k	Half Marathon	FT-Pace (min/km)	FT-Pace (min/mi)	HIM-Low 90%FT	HIM-High 95%FT	IM-Low 75%FT	IM-High 80%FT
40	0:50:03	1:50:59	05:06.5	08:12.9	1:59:45	1:53:27	4:47:25	4:29:27
41	0:49:01	1:48:40	05:00.5	08:03.1	1:57:23	1:51:13	4:41:44	4:24:07
42	0:48:01	1:46:27	04:54.7	07:53.8	1:55:07	1:49:04	4:36:17	4:19:01
43	0:47:04	1:44:20	04:49.1	07:44.8	1:52:57	1:47:00	4:31:04	4:14:07
44	0:46:09	1:42:17	04:43.7	07:36.2	1:50:51	1:45:01	4:26:03	4:09:25
45	0:45:16	1:40:20	04:38.6	07:28.0	1:48:51	1:43:07	4:21:14	4:04:55
46	0:44:25	1:38:27	04:33.7	07:20.1	1:46:55	1:41:18	4:16:37	4:00:34
47	0:43:36	1:36:38	04:28.9	07:12.4	1:45:04	1:39:32	4:12:10	3:56:24
48	0:42:50	1:34:53	04:24.4	07:05.1	1:43:17	1:37:51	4:07:53	3:52:23
49	0:42:04	1:33:12	04:20.0	06:58.0	1:41:34	1:36:13	4:03:45	3:48:31
50	0:41:21	1:31:35	04:15.7	06:51.2	1:39:54	1:34:39	3:59:46	3:44:47
51	0:40:39	1:30:02	04:11.6	06:44.6	1:38:18	1:33:08	3:55:56	3:41:12
52	0:39:59	1:28:31	04:07.7	06:38.3	1:36:46	1:31:40	3:52:14	3:37:43
53	0:39:20	1:27:04	04:03.9	06:32.1	1:35:17	1:30:16	3:48:40	3:34:22
54	0:38:42	1:25:40	04:00.2	06:26.2	1:33:50	1:28:54	3:45:12	3:31:08
55	0:38:06	1:24:18	03:56.6	06:20.5	1:32:27	1:27:35	3:41:52	3:28:00
56	0:37:31	1:23:00	03:53.2	06:14.9	1:31:06	1:26:18	3:38:38	3:24:58
57	0:36:57	1:21:43	03:49.8	06:09.6	1:29:48	1:25:04	3:35:31	3:22:02
58	0:36:24	1:20:30	03:46.6	06:04.4	1:28:32	1:23:52	3:32:29	3:19:12
59	0:35:52	1:19:18	03:43.5	05:59.4	1:27:19	1:22:43	3:29:33	3:16:27
60	0:35:22	1:18:09	03:40.4	05:54.5	1:26:08	1:21:36	3:26:42	3:13:47
61	0:34:52	1:17:02	03:37.5	05:49.8	1:24:59	1:20:30	3:23:57	3:11:12
62	0:34:23	1:15:57	03:34.7	05:45.2	1:23:52	1:19:27	3:21:17	3:08:42
63	0:33:55	1:14:54	03:31.9	05:40.7	1:22:47	1:18:26	3:18:41	3:06:16
64	0:33:28	1:13:53	03:29.2	05:36.4	1:21:44	1:17:26	3:16:10	3:03:54
65	0:33:01	1:12:53	03:26.6	05:32.2	1:20:43	1:16:28	3:13:43	3:01:36
66	0:32:35	1:11:56	03:24.1	05:28.1	1:19:43	1:15:32	3:11:20	2:59:22
67	0:32:11	1:11:00	03:21.6	05:24.2	1:18:46	1:14:37	3:09:01	2:57:12
68	0:31:46	1:10:05	03:19.2	05:20.3	1:17:49	1:13:44	3:06:46	2:55:06
69	0:31:23	1:09:12	03:16.9	05:16.5	1:16:55	1:12:52	3:04:35	2:53:03
70	0:31:00	1:08:21	03:14.6	05:12.9	1:16:01	1:12:01	3:02:27	2:51:03
71	0:30:38	1:07:31	03:12.4	05:09.3	1:15:10	1:11:12	3:00:23	2:49:07
72	0:30:16	1:06:42	03:10.2	05:05.9	1:14:19	1:10:24	2:58:22	2:47:13
73	0:29:55	1:05:54	03:08.1	05:02.5	1:13:30	1:09:38	2:56:24	2:45:22
74	0:29:34	1:05:08	03:06.1	04:59.2	1:12:42	1:08:52	2:54:29	2:43:35
75	0:29:14	1:04:23	03:04.1	04:56.0	1:11:55	1:08:08	2:52:37	2:41:50