



# Race equivalence reality check

A fast 5K can suggest marathon potential. It cannot tell you whether your long-run preparation, fueling or durability will carry it to the finish.

## Worked example

A fast 5K and a slower-than-equivalent half marathon do not identify a diagnosis. First compare dates and conditions; then inspect sustained training and pacing. Do not raise training pace simply to match the shorter-race score.

## Your turn

1. Record two recent races: distance, time, date, terrain and weather.
2. Compare both races in the VDOT calculator. Which equivalent performances agree, and which diverge?
3. Write one explanation to investigate: endurance, pacing, conditions or an outdated result. What evidence would distinguish them?

## What I observed / what I will check next

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Daniels–Gilbert model. Not a race guarantee. Educational worksheet, not an individualized training prescription.

Method / rules: [VDOT reference calculator](#).

Full explanation, current sources and related tools:

[brenoamelo.com/calculators/vdot](https://brenoamelo.com/calculators/vdot)

Prepared 26 October 2026 · Keep personal notes private. Discuss your goal with [breno@brenoamelo.com](mailto:breno@brenoamelo.com).