

2024 T&F Goal Sheet

Myles Rutland

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	N/R	N/R	5 km:	N/R
2 mi CC PR:	N/R	N/R	2 mi:	N/R
3200 m T&F PR:	03/06/24	16:33.97	3200 m:	08:16
1600 m T&F PR:	04/09/23	08:23.54	1600 m:	08:23
800 m T&F PR:	04/22/23	03:55.57	800 m:	07:51

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	TBD	5 km Goal Pace:	TBD
3200 m Goal #1:	16:11	3200 m Goal Pace:	08:05
1600 m Goal #1:	08:00	1600 m Goal Pace:	08:00
800 m Goal #1:	03:45	800 m Goal Pace:	07:30

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	10:23 to 11:34	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	08:55	02:13	01:06
Long Interval Pace "800 meter to 1 mile repeats":	08:08	02:02	01:01
Short Interval Pace "Shorter than 800 meter repeats":	07:36	01:54	00:57

One lap around the track at Gardiner Park is approximately 356 meters. Based on this distance, the paces above would result in the following single lap times at Gardiner Park:

Long Slow Distance (LSD) "Your Forever Pace":	02:18	to	02:34
Tempo Runs "I Could do this for 1-Hour Pace":	01:58		
Long Interval Pace "800 meter to 1 mile repeats":	01:48		
Short Interval Pace "Shorter than 800 meter repeats":	01:41		