

# BENJAMIN FEDELE

2025 Track & Field - Goal Sheet – Rev. 1

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>	
1 mi CC PR:	--	--	1 mi:	--
3 km CC PR:	--	--	3 km:	--
2 mi CC PR:	--	--	2 mi:	--
5 km CC PR:	--	--	5 km:	--
800 m T&F PR:	05/06/23	03:34.75	800 m:	07:12
1600 m T&F PR:	03/01/25	08:22.76	1600 m:	08:25
3200 m T&F PR:	--	--	3200 m:	--

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	<b>03:30</b>	800 m T&F Goal Pace:	07:00
1600 m T&F Goal:	<b>08:14</b>	1600 m T&F Goal Pace:	08:14
3200 m T&F Goal:	<b>17:24</b>	3200 m T&F Goal Pace:	08:42

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	<b>11:44</b>	02:56	01:28
Tempo:	<b>09:33</b>	02:23	01:11
Long Interval:	<b>08:20</b>	02:05	01:02
Short Interval:	<b>07:48</b>	01:57	00:58

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	<b>02:36</b>
Tempo:	<b>02:07</b>
Long Interval:	<b>01:51</b>
Short Interval:	<b>01:44</b>

VO <sub>2</sub> Max (Estimate)
<b>33</b>
[ml/kg/min]