

SOPHIA MENZIK

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:	10/22/24	15:40.60	2 mi:	07:50
5 km CC PR:	10/12/24	26:46.66	5 km:	08:37
800 m T&F PR:	04/06/24	03:13.96	800 m:	06:30
1600 m T&F PR:	04/20/24	07:07.67	1600 m:	07:10
3200 m T&F PR:	03/09/24	13:41.45	3200 m:	06:53

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	03:01	800 m T&F Goal Pace:	06:02
1600 m T&F Goal:	06:17	1600 m T&F Goal Pace:	06:17
3200 m T&F Goal:	13:25	3200 m T&F Goal Pace:	06:42

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	09:12	02:18	01:09
Tempo:	07:25	01:51	00:55
Long Interval:	06:48	01:42	00:51
Short Interval:	06:16	01:34	00:47

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:02
Tempo:	01:38
Long Interval:	01:30
Short Interval:	01:23

VO ₂ Max (Estimate)
45
[ml/kg/min]