

EMILY WELLS

2025 Track & Field - Goal Sheet – Rev. 2

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	08/24/24	13:13.53	3 km: 07:05
2 mi CC PR:	10/22/24	13:48.20	2 mi: 06:54
5 km CC PR:	11/11/23	23:20.26	5 km: 07:30
800 m T&F PR:	03/28/25	02:53.79	800 m: 05:49
1600 m T&F PR:	03/28/25	06:13.05	1600 m: 06:15
3200 m T&F PR:	03/28/25	13:56.34	3200 m: 07:00

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
800 m T&F Goal: 02:50	800 m T&F Goal Pace: 05:40
1600 m T&F Goal: 06:10	1600 m T&F Goal Pace: 06:12
3200 m T&F Goal: 13:25	3200 m T&F Goal Pace: 06:44

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	09:03	02:15	01:07
Tempo:	07:17	01:49	00:54
Long Interval:	06:20	01:35	00:47
Short Interval:	05:40	01:25	00:42

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:00
Tempo:	01:37
Long Interval:	01:24
Short Interval:	01:15

VO ₂ Max (Estimate)
46
[ml/kg/min]