

TOM NEAL

2025 Track & Field - Goal Sheet – Rev. 0

<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	14:26.30	2 mi:	07:13
5 km CC PR:	10/12/24	23:36.80	5 km:	07:36
800 m T&F PR:	--	--	800 m:	--
1600 m T&F PR:	02/29/20	07:52.89	1600 m:	07:55
3200 m T&F PR:	--	--	3200 m:	--

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	03:12	800 m T&F Goal Pace:	06:24
1600 m T&F Goal:	06:41	1600 m T&F Goal Pace:	06:43
3200 m T&F Goal:	14:13	3200 m T&F Goal Pace:	07:09

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	09:44	02:26	01:13
Tempo:	07:52	01:58	00:59
Long Interval:	07:12	01:48	00:54
Short Interval:	06:40	01:40	00:50

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:09
Tempo:	01:44
Long Interval:	01:36
Short Interval:	01:28

VO ₂ Max (Estimate)
42
[ml/kg/min]