

2024 T&F Goal Sheet

ADAM NEAL

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	23:40.13	5 km:	07:38
2 mi CC PR:	10/17/23	14:40.90	2 mi:	07:20
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	04/29/23	06:42.47	1600 m:	06:42
800 m T&F PR:	04/22/23	03:12.09	800 m:	06:24

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	23:30	5 km Goal Pace:	07:35
3200 m Goal #1:	14:30	3200 m Goal Pace:	07:15
1600 m Goal #1:	06:30	1600 m Goal Pace:	06:30
800 m Goal #1:	03:00	800 m Goal Pace:	06:00

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:21 to 10:28	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	08:02	02:01	01:00
Long Interval Pace "800 meter to 1 mile repeats":	07:20	01:50	00:55
Short Interval Pace "Shorter than 800 meter repeats":	06:48	01:42	00:51

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":	02:05 to 02:20
Tempo Runs "I Could do this for 1-Hour Pace":	01:47
Long Interval Pace "800 meter to 1 mile repeats":	01:38
Short Interval Pace "Shorter than 800 meter repeats":	01:31