

LILY BASS

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:	08/24/24	15:59.15	3 km:	08:34
2 mi CC PR:	10/22/24	16:13.20	2 mi:	08:06
5 km CC PR:	--	--	5 km:	--
800 m T&F PR:	--	--	800 m:	--
1600 m T&F PR:	--	--	1600 m:	--
3200 m T&F PR:	03/01/25	16:50.36	3200 m:	08:28

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	03:34	800 m T&F Goal Pace:	07:08
1600 m T&F Goal:	07:27	1600 m T&F Goal Pace:	07:27
3200 m T&F Goal:	15:49	3200 m T&F Goal Pace:	07:54

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	10:44	02:41	01:20
Tempo:	08:44	02:11	01:05
Long Interval:	07:56	01:59	00:59
Short Interval:	07:24	01:51	00:55

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:23
Tempo:	01:56
Long Interval:	01:45
Short Interval:	01:38

VO ₂ Max (Estimate)
37
[ml/kg/min]