

2024 T&F Goal Sheet

PETER WELLS

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	22:00.44	5 km:	07:05
2 mi CC PR:	10/17/23	13:46.70	2 mi:	06:53
3200 m T&F PR:	03/06/24	13:03.06	3200 m:	06:31
1600 m T&F PR:	03/09/24	06:10.21	1600 m:	06:10
800 m T&F PR:	02/24/24	02:47.16	800 m:	05:34

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	21:45	5 km Goal Pace:	07:00
3200 m Goal #1:	13:35	3200 m Goal Pace:	06:47
1600 m Goal #1:	06:00	1600 m Goal Pace:	06:00
800 m Goal #1:	02:45	800 m Goal Pace:	05:30

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	08:22 to 09:25	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	07:09	01:47	00:53
Long Interval Pace "800 meter to 1 mile repeats":	06:32	01:38	00:49
Short Interval Pace "Shorter than 800 meter repeats":	06:00	01:30	00:45

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":	01:51 to 02:05
Tempo Runs "I Could do this for 1-Hour Pace":	01:35
Long Interval Pace "800 meter to 1 mile repeats":	01:27
Short Interval Pace "Shorter than 800 meter repeats":	01:20