

ANNIE WELLS

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	15:39.20	2 mi:	07:49
5 km CC PR:	09/30/24	26:49.24	5 km:	08:37
800 m T&F PR:	04/24/24	03:01.72	800 m:	06:05
1600 m T&F PR:	--	--	1600 m:	--
3200 m T&F PR:	--	--	3200 m:	--

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	03:00	800 m T&F Goal Pace:	06:00
1600 m T&F Goal:	07:17	1600 m T&F Goal Pace:	07:19
3200 m T&F Goal:	15:29	3200 m T&F Goal Pace:	07:47

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	10:31	02:37	01:18
Tempo:	08:33	02:08	01:04
Long Interval:	07:44	01:56	00:58
Short Interval:	07:12	01:48	00:54

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:20
Tempo:	01:54
Long Interval:	01:43
Short Interval:	01:36

VO ₂ Max (Estimate)
38
[ml/kg/min]