

2024 T&F Goal Sheet

BRYSON HANNA

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	19:29.07	5 km:	06:17
2 mi CC PR:	10/17/23	11:40.00	2 mi:	05:50
3200 m T&F PR:	04/20/22	14:26.52	3200 m:	07:13
1600 m T&F PR:	03/23/24	05:08.85	1600 m:	05:08
800 m T&F PR:	03/23/24	02:17.75	800 m:	04:35

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	18:00	5 km Goal Pace:	05:48
3200 m Goal #1:	11:06	3200 m Goal Pace:	05:33
1600 m Goal #1:	05:00	1600 m Goal Pace:	05:00
800 m Goal #1:	02:15	800 m Goal Pace:	04:30

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	07:02 to 07:58	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	06:04	01:31	00:45
Long Interval Pace "800 meter to 1 mile repeats":	05:32	01:23	00:41
Short Interval Pace "Shorter than 800 meter repeats":	05:08	01:17	00:38

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":	01:33	to	01:46
Tempo Runs "I Could do this for 1-Hour Pace":	01:20		
Long Interval Pace "800 meter to 1 mile repeats":	01:13		
Short Interval Pace "Shorter than 800 meter repeats":	01:08		