

2024 CC Goal Sheet

PETER WELLS

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 09/14/24 20:34.30	5 km: 06:38
2 mi CC PR: 10/22/24 12:49.30	2 mi: 06:24
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

Training Goals	Goal Paces [minutes/mile]
5 km CC Goal #3: 20:15	5 km Goal Pace: 06:31
2 mi CC Goal #3: 12:40	2 mi Goal Pace: 06:20

Training Intensities	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	08:22	02:05	01:02
Tempo Runs "I Could do this for 1-Hour Pace":	06:49	01:42	00:51
Long Interval Pace "800 meter to 1 mile repeats":	06:14	01:33	00:46
Short Interval Pace "Shorter than 800 meter repeats":	05:44	01:26	00:43

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
Tempo Runs "I Could do this for 1-Hour Pace":	01:30
Long Interval Pace "800 meter to 1 mile repeats":	01:23
Short Interval Pace "Shorter than 800 meter repeats":	01:16