

# 2024 T&F Goal Sheet

KAYLEAH LILLEY

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	N/R	N/R	5 km:	N/R
2 mi CC PR:	10/07/23	16:54.33	2 mi:	08:27
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	03/23/24	07:07.00	1600 m:	07:07
800 m T&F PR:	03/23/24	03:15.47	800 m:	06:30

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	<b>26:45</b>	5 km Goal Pace:	08:37
2 Mile Goal (reference):	<b>16:46</b>	2 Mile Goal Pace:	08:23
3200 m Goal #1:	<b>16:40</b>	3200 m Goal Pace:	08:20
1600 m Goal #1:	<b>07:00</b>	1600 m Goal Pace:	07:00
800 m Goal #1:	<b>03:15</b>	800 m Goal Pace:	06:30

## Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>09:32 to 10:41</b>	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	<b>08:12</b>	02:03	01:01
Long Interval Pace "800 meter to 1 mile repeats":	<b>07:28</b>	01:52	00:56
Short Interval Pace "Shorter than 800 meter repeats":	<b>06:56</b>	01:44	00:52

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":	02:07	to	02:22
Tempo Runs "I Could do this for 1-Hour Pace":			01:49
Long Interval Pace "800 meter to 1 mile repeats":			01:39
Short Interval Pace "Shorter than 800 meter repeats":			01:32