

CARMENLENA SANTOS

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:	--	--	2 mi:	--
5 km CC PR:	--	--	5 km:	--
800 m T&F PR:	03/28/25	03:08.76	800 m:	06:19
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:	06:49	1600 m T&F Goal Pace:	06:51
3200 m T&F Goal:	14:30	3200 m T&F Goal Pace:	07:17

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	09:54	02:28	01:14
Tempo:	08:02	02:00	01:00
Long Interval:	06:00	01:30	00:45
Short Interval:	05:52	01:28	00:44

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:12
Tempo:	01:47
Long Interval:	01:20
Short Interval:	01:18

VO ₂ Max (Estimate)
41
[ml/kg/min]