

# 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:	08/12/24	13:46.30	2 mi:	06:53
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 #2:	<b>20:30</b>	5 km Goal Pace:	06:36
2 mi CC Goal #2:	<b>12:54</b>	2 mi Goal Pace:	06:27

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>08:28</b>	02:07	01:03
Tempo Runs "I Could do this for 1-Hour Pace":	<b>07:04</b>	01:46	00:53
Long Interval Pace "800 meter to 1 mile repeats":	<b>06:28</b>	01:37	00:48
Short Interval Pace "Shorter than 800 meter repeats":	<b>05:57</b>	01:29	00:44

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":	01:52
Tempo Runs "I Could do this for 1-Hour Pace":	01:34
Long Interval Pace "800 meter to 1 mile repeats":	01:26
Short Interval Pace "Shorter than 800 meter repeats":	01:19