

SABRINA WALTERS

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:	10/22/24	17:12.40	2 mi:	08:36
5 km CC PR:	10/26/24	28:52.92	5 km:	09:17
800 m T&F PR:	02/24/24	03:33.50	800 m:	07:09
1600 m T&F PR:	03/23/24	07:30.35	1600 m:	07:33
3200 m T&F PR:	03/07/25	16:59.93	3200 m:	08:33

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	03:30	800 m T&F Goal Pace:	07:00
1600 m T&F Goal:	07:27	1600 m T&F Goal Pace:	07:27
3200 m T&F Goal:	15:49	3200 m T&F Goal Pace:	07:54

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	11:13	02:48	01:24
Tempo:	09:07	02:16	01:08
Long Interval:	08:20	02:05	01:02
Short Interval:	07:48	01:57	00:58

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:29
Tempo:	02:01
Long Interval:	01:51
Short Interval:	01:44

VO ₂ Max (Estimate)
35
[ml/kg/min]