

# 2024 CC Goal Sheet

## TIMOTHY WELLS

Personal Records			PR Pace [minutes/mile]	
3 km CC PR:	08/24/24	13:49.46	3 km:	07:24
2 mi CC PR:	09/14/24	13:58.80	2 mi:	06:59
1600 m T&F PR:	04/20/24	07:15.94	1600 m:	07:15
800 m T&F PR:	02/24/24	03:14.50	800 m:	06:29

Training Goals		Goal Paces [minutes/mile]	
5 km CC Goal #3:	<b>21:56</b>	5 km Goal Pace:	07:04
2 Mile CC Goal #3:	<b>13:45</b>	2 Mile Goal Pace:	06:52
3 km CC Goal #3:	<b>12:46</b>	3 km Goal Pace:	06:50

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>09:05</b>	02:16	01:08
Tempo Runs "I Could do this for 1-Hour Pace":	<b>07:35</b>	01:53	00:56
Long Interval Pace "800 meter to 1 mile repeats":	<b>06:57</b>	01:44	00:52
Short Interval Pace "Shorter than 800 meter repeats":	<b>06:23</b>	01:35	00:47

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":	02:01
Tempo Runs "I Could do this for 1-Hour Pace":	01:41
Long Interval Pace "800 meter to 1 mile repeats":	01:32
Short Interval Pace "Shorter than 800 meter repeats":	01:25