

# CARTER ADAMS

2025 Track & Field - Goal Sheet – Rev. 1

| <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:                | 05/06/23 | 03:34.39 | 800 m:                    | 07:11 |
| 1600 m T&F PR:               | 04/22/23 | 07:59.11 | 1600 m:                   | 08:02 |
| 3200 m T&F PR:               | 03/01/25 | 17:06.89 | 3200 m:                   | 08:36 |

| <u>Training Goals</u> |              | <u>Goal Paces [minutes/mile]</u> |       |
|-----------------------|--------------|----------------------------------|-------|
| 800 m T&F Goal:       | <b>03:30</b> | 800 m T&F Goal Pace:             | 07:00 |
| 1600 m T&F Goal:      | <b>07:49</b> | 1600 m T&F Goal Pace:            | 07:49 |
| 3200 m T&F Goal:      | <b>16:34</b> | 3200 m T&F Goal Pace:            | 08:17 |

| <u>Training Intensity</u> |              |       |       |
|---------------------------|--------------|-------|-------|
|                           | mile         | 400 m | 200 m |
| Long Slow Distance (LSD): | <b>11:13</b> | 02:48 | 01:24 |
| Tempo:                    | <b>09:07</b> | 02:16 | 01:08 |
| Long Interval:            | <b>07:44</b> | 01:56 | 00:58 |
| Short Interval:           | <b>07:12</b> | 01:48 | 00:54 |

| <u>Gardiner Park</u>   |              |
|--|--------------|
| Equivalent single lap times at Gardiner Park are provided below: |              |
| Long Slow Distance (LSD):  | <b>02:29</b> |
| Tempo:   | <b>02:01</b> |
| Long Interval:   | <b>01:43</b> |
| Short Interval:  | <b>01:36</b> |

|                                   |
|-----------------------------------|
| VO <sub>2</sub> Max<br>(Estimate) |
| <b>35</b>                         |
| [ml/kg/min]                       |