

# TIMOTHY WELLS

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:	09/14/24	13:58.80	2 mi:	06:59
5 km CC PR:	--	--	5 km:	--
800 m T&F PR:	02/24/24	03:14.50	800 m:	06:31
1600 m T&F PR:	04/20/24	07:15.94	1600 m:	07:18
3200 m T&F PR:	--	--	3200 m:	--

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	<b>03:05</b>	800 m T&F Goal Pace:	06:10
1600 m T&F Goal:	<b>06:25</b>	1600 m T&F Goal Pace:	06:27
3200 m T&F Goal:	<b>13:40</b>	3200 m T&F Goal Pace:	06:52

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	<b>09:30</b>	02:22	01:11
Tempo:	<b>07:33</b>	01:53	00:56
Long Interval:	<b>06:56</b>	01:44	00:52
Short Interval:	<b>06:24</b>	01:36	00:48

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	<b>02:06</b>
Tempo:	<b>01:40</b>
Long Interval:	<b>01:32</b>
Short Interval:	<b>01:25</b>

VO <sub>2</sub> Max (Estimate)
<b>44</b>
[ml/kg/min]