

KAYLEAH LILLEY

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:	08/24/24	15:28.47	3 km:	08:18
2 mi CC PR:	09/14/24	15:41.60	2 mi:	07:50
5 km CC PR:	--	--	5 km:	--
800 m T&F PR:	03/23/24	03:15.47	800 m:	06:33
1600 m T&F PR:	04/02/24	06:45.10	1600 m:	06:47
3200 m T&F PR:	--	--	3200 m:	--

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	03:10	800 m T&F Goal Pace:	06:20
1600 m T&F Goal:	06:58	1600 m T&F Goal Pace:	06:58
3200 m T&F Goal:	14:49	3200 m T&F Goal Pace:	07:24

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	09:32	02:23	01:11
Tempo:	07:42	01:55	00:57
Long Interval:	07:04	01:46	00:53
Short Interval:	06:32	01:38	00:49

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:07
Tempo:	01:42
Long Interval:	01:34
Short Interval:	01:27

VO ₂ Max (Estimate)
43
[ml/kg/min]