

2024 T&F Goal Sheet

EMILY WELLS

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	11/11/23	23:20.26	5 km:	07:31
2 mi CC PR:	10/17/23	13:57.10	2 mi:	06:58
3200 m T&F PR:	02/24/24	14:48.91	3200 m:	07:24
1600 m T&F PR:	03/09/24	06:35.21	1600 m:	06:35
800 m T&F PR:	03/09/24	03:01.40	800 m:	06:02

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	23:15	5 km Goal Pace:	07:30
3200 m Goal #1:	13:45	3200 m Goal Pace:	06:52
1600 m Goal #1:	06:30	1600 m Goal Pace:	06:30
800 m Goal #1:	03:00	800 m Goal Pace:	06:00

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:00 to 10:05	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	07:42	01:55	00:57
Long Interval Pace "800 meter to 1 mile repeats":	07:04	01:46	00:53
Short Interval Pace "Shorter than 800 meter repeats":	06:32	01:38	00:49

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":	02:00 to 02:14
Tempo Runs "I Could do this for 1-Hour Pace":	01:42
Long Interval Pace "800 meter to 1 mile repeats":	01:34
Short Interval Pace "Shorter than 800 meter repeats":	01:27