

ADAM NEAL

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:	09/07/24	13:59.43	3 km: 07:30
2 mi CC PR:	10/22/24	13:38.30	2 mi: 06:49
5 km CC PR:	10/12/24	22:07.41	5 km: 07:07
800 m T&F PR:	04/22/24	03:12.09	800 m: 06:26
1600 m T&F PR:	04/20/25	06:27.87	1600 m: 06:30
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
800 m T&F Goal: 03:01	800 m T&F Goal Pace: 06:02
1600 m T&F Goal: 06:17	1600 m T&F Goal Pace: 06:19
3200 m T&F Goal: 13:25	3200 m T&F Goal Pace: 06:44

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	09:12	02:18	01:09
Tempo:	07:25	01:51	00:55
Long Interval:	06:48	01:42	00:51
Short Interval:	06:16	01:34	00:47

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:02
Tempo:	01:38
Long Interval:	01:30
Short Interval:	01:23

VO ₂ Max (Estimate)
45
[ml/kg/min]