

# BRYSON HANNA

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:	10/22/24	11:03.90	2 mi:	05:31
5 km CC PR:	10/26/24	18:25.70	5 km:	05:55
800 m T&F PR:	03/23/24	02:17.75	800 m:	04:37
1600 m T&F PR:	03/23/24	05:08.85	1600 m:	05:10
3200 m T&F PR:	--	--	3200 m:	--

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	<b>02:15</b>	800 m T&F Goal Pace:	04:30
1600 m T&F Goal:	<b>05:06</b>	1600 m T&F Goal Pace:	05:07
3200 m T&F Goal:	<b>10:56</b>	3200 m T&F Goal Pace:	05:29

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	<b>07:36</b>	01:54	00:57
Tempo:	<b>06:09</b>	01:32	00:46
Long Interval:	<b>05:04</b>	01:16	00:38
Short Interval:	<b>04:32</b>	01:08	00:34

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	<b>01:41</b>
Tempo:	<b>01:22</b>
Long Interval:	<b>01:07</b>
Short Interval:	<b>01:00</b>

VO <sub>2</sub> Max (Estimate)
<b>57</b>
[ml/kg/min]