

# 2024 T&F Goal Sheet

## ISABEL WOODARD

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	29:35.89	5 km:	09:32
3 km CC PR:	09/09/23	18:26.86	3 km:	09:53
2 mi CC PR:	10/17/23	16:07.30	2 mi:	08:03
3200 m T&F PR:	02/24/24	18:00.00	3200 m:	09:00.00
1600 m T&F PR:	03/09/24	07:28.14	1600 m:	07:28
800 m T&F PR:	02/24/24	03:49.50	800 m:	07:39

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	<b>28:00</b>	5 km Goal Pace:	09:01
3200 m Goal #1:	<b>17:30</b>	3200 m Goal Pace:	08:45
1600 m Goal #1:	<b>07:20</b>	1600 m Goal Pace:	07:20
800 m Goal #1:	<b>03:30</b>	800 m Goal Pace:	07:00

### Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>09:56 to 11:06</b>	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	<b>08:33</b>	02:08	01:04
Long Interval Pace "800 meter to 1 mile repeats":	<b>07:44</b>	01:56	00:58
Short Interval Pace "Shorter than 800 meter repeats":	<b>07:12</b>	01:48	00:54

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":	02:12	to	02:28
Tempo Runs "I Could do this for 1-Hour Pace":			01:54
Long Interval Pace "800 meter to 1 mile repeats":			01:43
Short Interval Pace "Shorter than 800 meter repeats":			01:36