

## 2024 T&F Goal Sheet

**LUKE WOODARD**

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/21/23 28:34.58	5 km: 09:13
2 mi CC PR: 10/17/23 18:06.80	2 mi: 09:03
3200 m T&F PR: 02/24/24 15:44.64	3200 m: 07:52
1600 m T&F PR: 04/13/19 07:39.97	1600 m: 07:39
800 m T&F PR: 03/04/23 03:15.59	800 m: 06:31

Goals	Goal Paces [minutes/mile]
5 km Goal (reference): <b>28:30</b>	5 km Goal Pace: 09:11
3200 m Goal #1: <b>15:30</b>	3200 m Goal Pace: 07:45
1600 m Goal #1: <b>07:30</b>	1600 m Goal Pace: 07:30
800 m Goal #1: <b>03:10</b>	800 m Goal Pace: 06:20

### 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