

# 2024 T&F Goal Sheet

**IAN STEWART**

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	N/R	N/R	5 km:	N/R
2 mi CC PR:	N/R	N/R	2 mi:	N/R
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	N/R	N/R	1600 m:	N/R
800 m T&F PR:	N/R	N/R	800 m:	N/R

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	<b>N/R</b>	5 km Goal Pace:	N/R
3200 m Goal #1:	<b>TBD</b>	3200 m Goal Pace:	TBD
1600 m Goal #1:	<b>TBD</b>	1600 m Goal Pace:	TBD
800 m Goal #1:	<b>TBD</b>	800 m Goal Pace:	TBD

## Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>13:00 to 14:00</b>	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	<b>11:36</b>	02:54	01:27
Long Interval Pace "800 meter to 1 mile repeats":	<b>10:50</b>	02:43	01:21
Short Interval Pace "Shorter than 800 meter repeats":	<b>09:57</b>	02:29	01:08

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":	02:53	to	03:07
Tempo Runs "I Could do this for 1-Hour Pace":	02:35		
Long Interval Pace "800 meter to 1 mile repeats":	02:24		
Short Interval Pace "Shorter than 800 meter repeats":	02:13		