

IZZIE LILLEY

2025 Track & Field - Goal Sheet – Rev. 0

<u>Personal Records (PR)</u>	<u>PR Pace [min/mile]</u>
1 mi CC PR: 10/07/24 07:57.50	1 mi: 07:57
3 km CC PR: 08/24/24 16:36.95	3 km: 08:54
2 mi CC PR: 10/22/24 19:57.30	2 mi: 09:58
5 km CC PR: -- --	5 km: --
800 m T&F PR: 03/09/24 03:39.73	800 m: 07:22
1600 m T&F PR: -- --	1600 m: --
3200 m T&F PR: -- --	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
800 m T&F Goal: 03:35	800 m T&F Goal Pace: 07:10
1600 m T&F Goal: 07:49	1600 m T&F Goal Pace: 07:49
3200 m T&F Goal: 16:34	3200 m T&F Goal Pace: 08:17

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	11:13	02:48	01:24
Tempo:	09:07	02:16	01:08
Long Interval:	08:20	02:05	01:02
Short Interval:	07:48	01:57	00:58

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:29
Tempo:	02:01
Long Interval:	01:51
Short Interval:	01:44

VO ₂ Max (Estimate)
35
[ml/kg/min]