

TRACE BASS

2025 Track & Field - Goal Sheet – Rev. 1

<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:	08/12/24	13:32.40	2 mi:	06:46
5 km CC PR:	10/12/24	22:10.56	5 km:	07:08
800 m T&F PR:	--	--	800 m:	--
1600 m T&F PR:	03/07/25	06:08.89	1600 m:	06:11
3200 m T&F PR:	03/07/25	14:08.99	3200 m:	07:07

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	02:58	800 m T&F Goal Pace:	05:56
1600 m T&F Goal:	06:10	1600 m T&F Goal Pace:	06:12
3200 m T&F Goal:	13:10	3200 m T&F Goal Pace:	06:37

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	09:03	02:15	01:07
Tempo:	07:17	01:49	00:54
Long Interval:	06:40	01:40	00:50
Short Interval:	06:08	01:32	00:46

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:00
Tempo:	01:37
Long Interval:	01:28
Short Interval:	01:21

VO ₂ Max (Estimate)
46
[ml/kg/min]