

# ISABEL WOODARD

2025 Track & Field - Goal Sheet – Rev. 0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>	
1 mi CC PR:	--	--	1 mi:	--
3 km CC PR:	08/24/24	16:10.05	3 km:	08:40
2 mi CC PR:	10/17/23	16:07.30	2 mi:	08:03
5 km CC PR:	10/21/23	29:35.89	5 km:	09:31
800 m T&F PR:	02/24/24	03:49.50	800 m:	07:41
1600 m T&F PR:	03/09/24	07:28.14	1600 m:	07:30
3200 m T&F PR:	02/24/24	18:00.00	3200 m:	09:03

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	<b>03:30</b>	800 m T&F Goal Pace:	07:00
1600 m T&F Goal:	<b>07:17</b>	1600 m T&F Goal Pace:	07:17
3200 m T&F Goal:	<b>15:29</b>	3200 m T&F Goal Pace:	07:44

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	<b>10:31</b>	02:37	01:18
Tempo:	<b>08:33</b>	02:08	01:04
Long Interval:	<b>07:44</b>	01:56	00:58
Short Interval:	<b>07:12</b>	01:48	00:54

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	<b>02:20</b>
Tempo:	<b>01:54</b>
Long Interval:	<b>01:43</b>
Short Interval:	<b>01:36</b>

VO <sub>2</sub> Max (Estimate)
<b>38</b>
[ml/kg/min]