

BRYSON HANNA

2025 Track & Field - Goal Sheet – Rev. 2

<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:	10/22/24	11:03.90	2 mi:	05:31
5 km CC PR:	10/26/24	18:25.70	5 km:	05:55
800 m T&F PR:	03/28/25	02:16.04	800 m:	04:33
1600 m T&F PR:	03/28/25	04:58.86	1600 m:	05:00
3200 m T&F PR:	--	--	3200 m:	--

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	02:15	800 m T&F Goal Pace:	04:30
1600 m T&F Goal:	04:55	1600 m T&F Goal Pace:	04:56
3200 m T&F Goal:	10:56	3200 m T&F Goal Pace:	05:29

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	07:30	01:52	00:56
Tempo:	05:59	01:29	00:44
Long Interval:	04:48	01:12	00:36
Short Interval:	04:32	01:08	00:34

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	01:40
Tempo:	01:19
Long Interval:	01:04
Short Interval:	01:00

VO ₂ Max (Estimate)
59
[ml/kg/min]