

# SOPHIA ROBERTS

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:	10/22/24	15:08.40	2 mi:	07:34
5 km CC PR:	10/26/24	25:14.15	5 km:	08:07
800 m T&F PR:	03/07/25	02:53.40	800 m:	05:48
1600 m T&F PR:	05/08/21	06:58.21	1600 m:	07:00
3200 m T&F PR:	--	--	3200 m:	--

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	<b>02:50</b>	800 m T&F Goal Pace:	05:40
1600 m T&F Goal:	<b>06:48</b>	1600 m T&F Goal Pace:	06:50
3200 m T&F Goal:	<b>14:31</b>	3200 m T&F Goal Pace:	07:18

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	<b>09:55</b>	02:28	01:14
Tempo:	<b>08:02</b>	02:00	01:00
Long Interval:	<b>05:36</b>	01:24	00:42
Short Interval:	<b>05:16</b>	01:19	00:39

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	<b>02:12</b>
Tempo:	<b>01:47</b>
Long Interval:	<b>01:14</b>
Short Interval:	<b>01:10</b>

VO <sub>2</sub> Max (Estimate)
<b>41</b>
[ml/kg/min]