

## 2024 T&F Goal Sheet

**SABRINA WALTERS**

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	N/R	N/R	5 km:	N/R
2 mi CC PR:	N/R	N/R	2 mi:	N/R
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	N/R	N/R	1600 m:	N/R
800 m T&F PR:	02/24/24	03:33.50	800 m:	07:07

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	<b>TBD</b>	5 km Goal Pace:	TBD
3200 m Goal #1:	<b>16:40</b>	3200 m Goal Pace:	08:20
1600 m Goal #1:	<b>07:30</b>	1600 m Goal Pace:	07:30
800 m Goal #1:	<b>03:30</b>	800 m Goal Pace:	07:00

### Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>10:23 to 11:34</b>	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	<b>08:55</b>	02:13	01:06
Long Interval Pace "800 meter to 1 mile repeats":	<b>08:08</b>	02:02	01:01
Short Interval Pace "Shorter than 800 meter repeats":	<b>07:36</b>	01:54	00:57

One lap around the track at Gardiner Park is approximately 356 meters. Based on this distance, the paces above would result in the following single lap times at Gardiner Park:

Long Slow Distance (LSD) "Your Forever Pace":	02:18 to 02:34
Tempo Runs "I Could do this for 1-Hour Pace":	01:58
Long Interval Pace "800 meter to 1 mile repeats":	01:48
Short Interval Pace "Shorter than 800 meter repeats":	01:41