

BRYSON HANNA

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	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:	03/23/24	02:17.75	800 m: 04:37
1600 m T&F PR:	04/06/24	05:00.04	1600 m: 05:01
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]