

EMILY WELLS

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:	08/24/24	13:13.53	3 km:	07:05
2 mi CC PR:	10/22/24	13:48.20	2 mi:	06:54
5 km CC PR:	11/11/23	23:20.26	5 km:	07:30
800 m T&F PR:	03/09/24	03:01.40	800 m:	06:04
1600 m T&F PR:	03/07/25	06:23.49	1600 m:	06:25
3200 m T&F PR:	03/07/25	14:06.48	3200 m:	07:05

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	02:58	800 m T&F Goal Pace:	05:56
1600 m T&F Goal:	06:17	1600 m T&F Goal Pace:	06:19
3200 m T&F Goal:	13:25	3200 m T&F Goal Pace:	06:44

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	09:22	02:20	01:10
Tempo:	07:25	01:51	00:55
Long Interval:	06:32	01:38	00:49
Short Interval:	05:48	01:27	00:43

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:04
Tempo:	01:38
Long Interval:	01:27
Short Interval:	01:17

VO ₂ Max (Estimate)
45
[ml/kg/min]