

2024 T&F Goal Sheet

OWEN NEAL

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	31:45.93	5 km:	10:15
2 mi CC PR:	09/02/23	20:53.57	2 mi:	10:27
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:	04/22/23	04:02.50	800 m:	08:05

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	31:45	5 km Goal Pace:	10:15
3200 m Goal #1:	20:00	3200 m Goal Pace:	10:00
1600 m Goal #1:	09:00	1600 m Goal Pace:	09:00
800 m Goal #1:	04:00	800 m Goal Pace:	08:00

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	12:30 to 13:10	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	10:45	02:41	01:21
Long Interval Pace "800 meter to 1 mile repeats":	10:50	02:34	01:17
Short Interval Pace "Shorter than 800 meter repeats":	09:44	02:26	01:13

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":	02:47	to	02:56
Tempo Runs "I Could do this for 1-Hour Pace":	02:23		
Long Interval Pace "800 meter to 1 mile repeats":	02:24		
Short Interval Pace "Shorter than 800 meter repeats":	02:10		