

TIMOTHY WELLS

2025 Cross Country - Goal Sheet – Rev. 0.1

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	8/24/24	13:49.45	3 km: 7:24
2 mi CC PR:	9/14/24	13:58.80	2 mi: 6:59
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	4/26/25	3:06.00	800 m: 6:14
1600 m T&F PR:	4/26/25	6:24.87	1600 m: 6:27
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 12:26	3 km CC Goal Pace: 6:40
2 mi CC Goal: 13:25	2 mi CC Goal Pace: 6:42
5 km CC Goal: 21:25	5 km CC Goal Pace: 6:53

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	9:16	2:19	1:09
Tempo:	7:25	1:51	0:55
Long Interval:	6:48	1:42	0:51
Short Interval:	6:16	1:34	0:47

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:03
Tempo:	1:38
Long Interval:	1:30
Short Interval:	1:23

VO ₂ Max (Estimate)
45
[ml/kg/min]