

2024 T&F Goal Sheet

BEN LILLEY

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	21:06.34	5 km:	06:48
2 mi CC PR:	10/17/23	13:00.08	2 mi:	06:30
3200 m T&F PR:	03/06/24	12:12.00	3200 m:	06:06
1600 m T&F PR:	04/29/23	05:34.99	1600 m:	05:34
800 m T&F PR:	02/24/24	02:32.41	800 m:	05:04

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	19:36	5 km Goal Pace:	06:19
3200 m Goal #1:	12:02	3200 m Goal Pace:	06:01
1600 m Goal #1:	05:30	1600 m Goal Pace:	05:30
800 m Goal #1:	02:30	800 m Goal Pace:	05:00

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	07:49 to 08:49	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	06:44	01:41	00:50
Long Interval Pace "800 meter to 1 mile repeats":	06:08	01:32	00:46
Short Interval Pace "Shorter than 800 meter repeats":	05:44	01:26	00:43

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":	01:44	to	01:57
Tempo Runs "I Could do this for 1-Hour Pace":			01:29
Long Interval Pace "800 meter to 1 mile repeats":			01:21
Short Interval Pace "Shorter than 800 meter repeats":			01:16