

PETER WELLS

2025 Cross Country - Goal Sheet – Rev. 0

<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	12:49.30	2 mi: 6:24
5 km CC PR:	9/14/24	20:34.30	5 km: 6:37
800 m T&F PR:	4/26/25	2:31.33	800 m: 5:04
1600 m T&F PR:	4/26/25	5:29.58	1600 m: 5:31
3200 m T&F PR:	4/5/25	12:36.47	3200 m: 6:20

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 10:47	3 km CC Goal Pace: 5:47
2 mi CC Goal: 11:39	2 mi CC Goal Pace: 5:49
5 km CC Goal: 18:40	5 km CC Goal Pace: 6:00

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	8:04	2:01	1:00
Tempo:	6:32	1:38	0:49
Long Interval:	6:00	1:30	0:45
Short Interval:	5:36	1:24	0:42

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 1:47
Tempo: 1:27
Long Interval: 1:20
Short Interval: 1:14

VO ₂ Max (Estimate)
53
[ml/kg/min]