

BENJAMIN FEDELE

2026 Track & Field - Goal Sheet – Rev. 0.0

<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:	--	--	2 mi: --
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	5/06/23	3:34.75	800 m: 7:12
1600 m T&F PR:	3/01/25	08:22.76	1600 m: 8:25
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
800 m T&F Goal: 3:30	1 mi CC Goal Pace: 7:00
1600 m T&F Goal: 8:14	1600 m T&F Goal Pace: 8:14
3200 m T&F Goal: 17:24	3200 m T&F Goal Pace: 8:42

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	11:44	2:56	1:28
Tempo:	9:33	2:23	1:11
Long Interval:	8:20	2:05	1:02
Short Interval:	7:48	1:57	0:58

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 2:36
Tempo: 2:07
Long Interval: 1:51
Short Interval: 1:44

VO ₂ Max (Estimate)
33
[ml/kg/min]