

2024 T&F Goal Sheet

SICILY FEDELE

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	N/R	N/R	5 km:	N/R
2 mi CC PR:	N/R	N/R	2 mi:	N/R
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	04/01/23	08:45.65	1600 m:	08:46
800 m T&F PR:	04/02/22	03:57.33	800 m:	07:55

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	N/R	5 km Goal Pace:	N/R
3200 m Goal #1:	18:00	3200 m Goal Pace:	09:00
1600 m Goal #1:	08:30	1600 m Goal Pace:	08:30
800 m Goal #1:	03:45	800 m Goal Pace:	07:30

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	11:24 to 12:39	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	09:47	02:27	01:13
Long Interval Pace "800 meter to 1 mile repeats":	08:56	02:14	01:07
Short Interval Pace "Shorter than 800 meter repeats":	08:24	02:06	01:03

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":	02:32 to 02:49
Tempo Runs "I Could do this for 1-Hour Pace":	02:10
Long Interval Pace "800 meter to 1 mile repeats":	01:59
Short Interval Pace "Shorter than 800 meter repeats":	01:52