

PETER WELLS

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:	10/20/25	11:04.20	2 mi: 5:32
5 km CC PR:	10/25/25	19:33.60	5 km: 6:17
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>
800 m T&F Goal: 2:26	800 m T&F Goal Pace: 4:51
1600 m T&F Goal: 5:06	1600 m T&F Goal Pace: 5:04
3200 m T&F Goal: 10:56	3200 m T&F Goal Pace: 5:26

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	7:36	1:54	0:57
Tempo:	6:09	1:32	0:46
Long Interval:	5:40	1:25	0:42
Short Interval:	5:16	1:19	0:39

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 1:41
Tempo: 1:22
Long Interval: 1:15
Short Interval: 1:10

VO ₂ Max (Estimate)
57
[ml/kg/min]