

PETER WELLS

2025 Cross Country - Goal Sheet – Rev. 0.1

<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:	8/11/25	12:12.10	2 mi:	6:06
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]