

2024 T&F Goal Sheet

GARRETT BOSWELL

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:	N/R	N/R	1600 m:	N/R
800 m T&F PR:	02/24/24	02:55.70	800 m:	05:51

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	TBD	5 km Goal Pace:	TBD
3200 m Goal #1:	14:45	3200 m Goal Pace:	07:22
1600 m Goal #1:	06:30	1600 m Goal Pace:	06:30
800 m Goal #1:	02:50	800 m Goal Pace:	05:40

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	08:40 to 09:44	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	07:25	01:51	00:55
Long Interval Pace "800 meter to 1 mile repeats":	06:48	01:42	00:51
Short Interval Pace "Shorter than 800 meter repeats":	06:16	01:34	00:47

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":	01:55 to 02:09
Tempo Runs "I Could do this for 1-Hour Pace":	01:38
Long Interval Pace "800 meter to 1 mile repeats":	01:30
Short Interval Pace "Shorter than 800 meter repeats":	01:23