

2024 T&F Goal Sheet

THOMAS NEAL

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	09/09/23	24:28.28	5 km:	07:54
2 mi CC PR:	08/12/23	16:34.20	2 mi:	08:17
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	02/29/20	07:52.89	1600 m:	07:53
800 m T&F PR:	N/R	N/R	800 m:	N/R

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	24:00	5 km Goal Pace:	07:45
3200 m Goal #1:	15:15	3200 m Goal Pace:	07:38
1600 m Goal #1:	07:30	1600 m Goal Pace:	07:30
800 m Goal #1:	03:40	800 m Goal Pace:	07:20

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:44 to 10:55	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	08:22	02:06	01:03
Long Interval Pace "800 meter to 1 mile repeats":	07:36	01:54	00:57
Short Interval Pace "Shorter than 800 meter repeats":	07:04	01:46	00:53

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":	02:10 to 02:26
Tempo Runs "I Could do this for 1-Hour Pace":	01:52
Long Interval Pace "800 meter to 1 mile repeats":	01:41
Short Interval Pace "Shorter than 800 meter repeats":	01:34