

# SOPHIA ROBERTS

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 | 14:45.10 | 2 mi: 7:22                |
| 5 km CC PR:                  | 10/25/25 | 24:08.90 | 5 km: 7:46                |
| 800 m T&F PR:                | 4/12/25  | 2:52.20  | 800 m: 5:46               |
| 1600 m T&F PR:               | 5/8/21   | 6:58.21  | 1600 m: 7:00              |
| 3200 m T&F PR:               | --       | --       | 3200 m: --                |

| <u>Training Goals</u>         | <u>Goal Paces [minutes/mile]</u> |
|-------------------------------|----------------------------------|
| 800 m T&F Goal: <b>2:43</b>   | 800 m T&F Goal Pace: 5:24        |
| 1600 m T&F Goal: <b>6:49</b>  | 1600 m T&F Goal Pace: 6:46       |
| 3200 m T&F Goal: <b>14:31</b> | 3200 m T&F Goal Pace: 7:12       |

| <u>Training Intensity</u> |             |       |       |
|---------------------------|-------------|-------|-------|
|                           | mile        | 400 m | 200 m |
| Long Slow Distance (LSD): | <b>9:54</b> | 2:28  | 1:14  |
| Tempo:                    | <b>8:02</b> | 2:00  | 1:00  |
| Long Interval:            | <b>7:20</b> | 1:50  | 0:55  |
| Short Interval:           | <b>6:48</b> | 1:42  | 0:51  |

| <u>Gardiner Park</u>                                             |
|------------------------------------------------------------------|
| Equivalent single lap times at Gardiner Park are provided below: |
| Long Slow Distance (LSD): <b>2:12</b>                            |
| Tempo: <b>1:47</b>                                               |
| Long Interval: <b>1:37</b>                                       |
| Short Interval: <b>1:30</b>                                      |

|                                   |
|-----------------------------------|
| VO <sub>2</sub> Max<br>(Estimate) |
| <b>41</b>                         |
| [ml/kg/min]                       |