

2024 T&F Goal Sheet

SOPHIA MENZIK

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	27:25.83	5 km:	08:50
2 mi CC PR:	08/26/23	18:11.75	2 mi:	09:05
3200 m T&F PR:	03/09/24	13:41.45	3200 m:	06:50
1600 m T&F PR:	03/09/24	07:12.37	1600 m:	07:12
800 m T&F PR:	04/12/23	03:18.57	800 m:	06:37

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	27:15	5 km Goal Pace:	08:47
3200 m Goal #1:	13:30	3200 m Goal Pace:	06:45
1600 m Goal #1:	07:00	1600 m Goal Pace:	07:00
800 m Goal #1:	03:10	800 m Goal Pace:	06:20

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		