

## 2024 T&F Goal Sheet

### TRACE BASS

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:	02/24/24	06:37.92	1600 m:	06:37
800 m T&F PR:	N/R	N/R	800 m:	N/R

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	<b>TBD</b>	5 km Goal Pace:	TBD
3200 m Goal #1:	<b>14:30</b>	3200 m Goal Pace:	07:15
1600 m Goal #1:	<b>06:30</b>	1600 m Goal Pace:	06:30
800 m Goal #1:	<b>03:00</b>	800 m Goal Pace:	06:00

### Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>09:10 to 10:17</b>	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	<b>07:52</b>	01:58	00:59
Long Interval Pace "800 meter to 1 mile repeats":	<b>07:12</b>	01:48	00:54
Short Interval Pace "Shorter than 800 meter repeats":	<b>06:40</b>	01:40	00:50

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":	02:02 to 02:17
Tempo Runs "I Could do this for 1-Hour Pace":	01:44
Long Interval Pace "800 meter to 1 mile repeats":	01:36
Short Interval Pace "Shorter than 800 meter repeats":	01:28