

ANDREW ROBERTS

2026 Track & Field - Goal Sheet

Rev. 0.0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	10/26/24	6:23.62	1 mi: 6:23
3 km CC PR:	10/25/25	11:27.97	3 km: 6:09
2 mi CC PR:	10/20/25	12:38.70	2 mi: 6:19
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	5/06/23	2:56.48	800 m: 5:55
1600 m T&F PR:	--	--	1600 m: --
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
800 m T&F Goal: 2:44	800 m T&F Goal Pace: 5:28
1600 m T&F Goal: 5:44	1600 m T&F Goal Pace: 5:42
3200 m T&F Goal: 12:15	3200 m T&F Goal Pace: 6:05

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	8:27	2:06	1:03
Tempo:	6:50	1:42	0:51
Long Interval:	6:12	1:33	0:46
Short Interval:	5:48	1:27	0:43

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 1:52
Tempo: 1:31
Long Interval: 1:22
Short Interval: 1:17

VO ₂ Max (Estimate)
50
[ml/kg/min]