

# 2024 T&F Goal Sheet

## SOPHIA ROBERTS

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:	05/08/21	06:58.21	1600 m:	06:58
800 m T&F PR:	04/29/23	03:04.08	800 m:	06:08

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	<b>TBD</b>	5 km Goal Pace:	TBD
3200 m Goal #1:	<b>12:30</b>	3200 m Goal Pace:	06:15
1600 m Goal #1:	<b>05:50</b>	1600 m Goal Pace:	05:50
800 m Goal #1:	<b>02:40</b>	800 m Goal Pace:	05:20

### Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>08:40 to 09:44</b>	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	<b>07:25</b>	01:51	00:56
Long Interval Pace "800 meter to 1 mile repeats":	<b>06:48</b>	01:42	00:51
Short Interval Pace "Shorter than 800 meter repeats":	<b>06:16</b>	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":	01:56 to 02:10
Tempo Runs "I Could do this for 1-Hour Pace":	01:39
Long Interval Pace "800 meter to 1 mile repeats":	01:31
Short Interval Pace "Shorter than 800 meter repeats":	01:24