

IZZIE LILLEY

2026 Track & Field - Goal Sheet

Rev. 0.0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	10/25/25	6:57.12	1 mi: 6:57
3 km CC PR:	8/23/25	14:32.80	3 km: 7:48
2 mi CC PR:	10/20/25	14:45.80	2 mi: 7:22
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	3/9/24	3:39.73	800 m: 7:22
1600 m T&F PR:	4/26/25	6:59.13	1600 m: 6:59
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
800 m T&F Goal: 3:16	800 m T&F Goal Pace: 6:30
1600 m T&F Goal: 6:49	1600 m T&F Goal Pace: 6:46
3200 m T&F Goal: 14:31	3200 m T&F Goal Pace: 7:12

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

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

VO ₂ Max (Estimate)
41
[ml/kg/min]