

PETER WELLS

2025 Track & Field - Goal Sheet – Rev. 1

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>	
1 mi CC PR:	--	--	1 mi:	--
3 km CC PR:	--	--	3 km:	--
2 mi CC PR:	10/22/24	12:49.30	2 mi:	06:24
5 km CC PR:	09/14/24	20:34.30	5 km:	06:37
800 m T&F PR:	03/01/25	02:41.36	800 m:	05:24
1600 m T&F PR:	03/07/25	05:55.83	1600 m:	05:57
3200 m T&F PR:	03/06/24	13:03.06	3200 m:	06:33

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	02:35	800 m T&F Goal Pace:	05:10
1600 m T&F Goal:	05:50	1600 m T&F Goal Pace:	05:52
3200 m T&F Goal:	12:28	3200 m T&F Goal Pace:	06:16

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	08:35	02:08	01:04
Tempo:	06:56	01:44	00:52
Long Interval:	06:20	01:35	00:47
Short Interval:	05:52	01:28	00:44

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	01:54
Tempo:	01:32
Long Interval:	01:24
Short Interval:	01:18

VO ₂ Max (Estimate)
49
[ml/kg/min]