

2024 T&F Goal Sheet

MATTHEW WELLS

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	19:45.10	5 km:	06:22
2 mi CC PR:	10/17/24	12:18.20	2 mi:	06:09
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	N/R	N/R	1600 m:	N/R
800 m T&F PR:	N/R	N/R	800 m:	N/R

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	19:30	5 km Goal Pace:	06:17
3200 m Goal #1:	12:15	3200 m Goal Pace:	06:08
1600 m Goal #1:	05:56	1600 m Goal Pace:	05:56
800 m Goal #1:	02:45	800 m Goal Pace:	05:30

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	07:49 to 08:49	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	06:44	01:41	00:51
Long Interval Pace "800 meter to 1 mile repeats":	06:08	01:32	00:46
Short Interval Pace "Shorter than 800 meter repeats":	05:44	01:26	00:43

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":	01:44	to	01:58
Tempo Runs "I Could do this for 1-Hour Pace":			01:30
Long Interval Pace "800 meter to 1 mile repeats":			01:22
Short Interval Pace "Shorter than 800 meter repeats":			01:16