

EMILY SMITH

2026 Track & Field - Goal Sheet

Rev. 0.0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	10/25/25	14:52.23	3 km: 7:58
2 mi CC PR:	10/20/25	15:28.80	2 mi: 7:44
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	4/26/25	3:32.03	800 m: 7:06
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: 3:24	800 m T&F Goal Pace: 6:47
1600 m T&F Goal: 7:07	1600 m T&F Goal Pace: 7:04
3200 m T&F Goal: 15:08	3200 m T&F Goal Pace: 7:31

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	10:18	2:34	1:17
Tempo:	8:22	2:05	1:02
Long Interval:	7:36	1:54	0:57
Short Interval:	7:04	1:46	0:53

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 2:17
Tempo: 1:51
Long Interval: 1:41
Short Interval: 1:34

VO ₂ Max (Estimate)
39
[ml/kg/min]