

2024 T&F Goal Sheet

VIVIAN STEWART

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:	03/09/24	15:29.43	3200 m:	07:44
1600 m T&F PR:	03/23/24	07:06.88	1600 m:	07:06
800 m T&F PR:	03/23/24	03:20.19	800 m:	06:40

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	TBD	5 km Goal Pace:	TBD
3200 m Goal #1:	15:20	3200 m Goal Pace:	07:40
1600 m Goal #1:	07:00	1600 m Goal Pace:	07:00
800 m Goal #1:	03:15	800 m Goal Pace:	06:30

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:32 to 10:41	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	08:12	02:03	01:01
Long Interval Pace "800 meter to 1 mile repeats":	07:28	01:52	00:56
Short Interval Pace "Shorter than 800 meter repeats":	06:56	01:44	00:52

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":	02:07	to	02:22
Tempo Runs "I Could do this for 1-Hour Pace":	01:49		
Long Interval Pace "800 meter to 1 mile repeats":	01:39		
Short Interval Pace "Shorter than 800 meter repeats":	01:32		