

2024 T&F Goal Sheet

HOPE CRAWFORD

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	09/25/23	28:10.90	5 km:	09:05
2 mi CC PR:	10/17/23	17:29.30	2 mi:	08:45
3200 m T&F PR:	04/29/23	18:28.98	3200 m:	09:14
1600 m T&F PR:	04/09/22	07:40.71	1600 m:	07:41
800 m T&F PR:	04/01/23	03:12.50	800 m:	06:25

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	28:00	5 km Goal Pace:	09:02
3200 m Goal #1:	17:20	3200 m Goal Pace:	08:40
1600 m Goal #1:	07:30	1600 m Goal Pace:	07:30
800 m Goal #1:	03:00	800 m Goal Pace:	06:00

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	11:07 to 12:21	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	09:33	02:23	01:12
Long Interval Pace "800 meter to 1 mile repeats":	08:44	02:11	01:06
Short Interval Pace "Shorter than 800 meter repeats":	08:08	02:02	01:01

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":	02:28	to	02:45
Tempo Runs "I Could do this for 1-Hour Pace":			02:07
Long Interval Pace "800 meter to 1 mile repeats":			01:56
Short Interval Pace "Shorter than 800 meter repeats":			01:48