

KAYLEAH LILLEY

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	12:55.14	3 km: 6:55
2 mi CC PR:	8/30/25	14:46.84	2 mi: 7:23
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	4/12/25	3:05.05	800 m: 6:12
1600 m T&F PR:	4/2/24	6:45.10	1600 m: 6:47
3200 m T&F PR:	4/26/25	14:43.84	3200 m: 7:24

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
800 m T&F Goal: 3:04	800 m T&F Goal Pace: 6:07
1600 m T&F Goal: 6:25	1600 m T&F Goal Pace: 6:22
3200 m T&F Goal: 13:40	3200 m T&F Goal Pace: 6:47

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	9:22	2:20	1:10
Tempo:	7:33	1:53	0:56
Long Interval:	6:56	1:44	0:52
Short Interval:	6:24	1:36	0:48

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 2:04
Tempo: 1:40
Long Interval: 1:32
Short Interval: 1:25

VO ₂ Max (Estimate)
44
[ml/kg/min]