

2024 T&F Goal Sheet

LANDON CELORIA

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	24:30.60	5 km:	07:54
2 mi CC PR:	10/17/23	14:28.90	2 mi:	07:14
3200 m T&F PR:	05/06/23	14:50.01	3200 m:	07:25
1600 m T&F PR:	05/06/23	06:35.14	1600 m:	06:35
800 m T&F PR:	05/06/23	02:57.83	800 m:	05:56

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	24:30	5 km Goal Pace:	07:54
3200 m Goal #1:	14:25	3200 m Goal Pace:	07:13
1600 m Goal #1:	06:30	1600 m Goal Pace:	06:30
800 m Goal #1:	02:55	800 m Goal Pace:	05:50

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:00 to 10:05	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	07:42	01:56	00:58
Long Interval Pace "800 meter to 1 mile repeats":	07:04	01:46	00:53
Short Interval Pace "Shorter than 800 meter repeats":	06:32	01:38	00:49

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":	02:00 to 02:14
Tempo Runs "I Could do this for 1-Hour Pace":	01:43
Long Interval Pace "800 meter to 1 mile repeats":	01:34
Short Interval Pace "Shorter than 800 meter repeats":	01:27