

# 2024 T&F Goal Sheet

## ISAIAH RUNYAN

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	21:56.12	5 km:	07:05
2 mi CC PR:	10/17/23	13:27.00	2 mi:	06:44
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	N/R	N/R	1600 m:	N/R
800 m T&F PR:	N/R	N/R	800 m:	N/R

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	<b>21:45</b>	5 km Goal Pace:	07:01
3200 m Goal #1:	<b>13:00</b>	3200 m Goal Pace:	06:30
1600 m Goal #1:	<b>06:20</b>	1600 m Goal Pace:	06:20
800 m Goal #1:	<b>02:20</b>	800 m Goal Pace:	04:40

### Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>08:31 to 09:34</b>	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	<b>07:17</b>	01:49	00:55
Long Interval Pace "800 meter to 1 mile repeats":	<b>06:40</b>	01:40	00:50
Short Interval Pace "Shorter than 800 meter repeats":	<b>06:08</b>	01:32	00:46

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":	01:54 to 02:08
Tempo Runs "I Could do this for 1-Hour Pace":	01:37
Long Interval Pace "800 meter to 1 mile repeats":	01:29
Short Interval Pace "Shorter than 800 meter repeats":	01:22