

MAIA LILLEY

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	22:55.32	5 km:	07:23
2 mi CC PR:	N/R	N/R	2 mi:	N/R
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	03/09/24	06:15.60	1600 m:	06:15
800 m T&F PR:	04/29/23	02:40.95	800 m:	05:21

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	21:45	5 km Goal Pace:	07:00
3200 m Goal #1:	13:50	3200 m Goal Pace:	06:55
1600 m Goal #1:	06:10	1600 m Goal Pace:	06:10
800 m Goal #1:	02:30	800 m Goal Pace:	05:00

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	08:31 to 09:34	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	07:17	01:49	00:54
Long Interval Pace "800 meter to 1 mile repeats":	06:40	01:40	00:50
Short Interval Pace "Shorter than 800 meter repeats":	06:08	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":	01:53 to 02:07
Tempo Runs "I Could do this for 1-Hour Pace":	01:37
Long Interval Pace "800 meter to 1 mile repeats":	01:28
Short Interval Pace "Shorter than 800 meter repeats":	01:21