

2024 T&F Goal Sheet

CHRISTOPHER NEAL

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	16:59.31	5 km:	05:28
2 mi CC PR:	10/17/23	12:59.90	2 mi:	06:29
3200 m T&F PR:	05/08/21	12:58.85	3200 m:	06:29
1600 m T&F PR:	03/23/24	04:36.90	1600 m:	04:36
800 m T&F PR:	03/23/24	02:01.72	800 m:	04:03

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	16:30	5 km Goal Pace:	05:19
3200 m Goal #1:	10:00	3200 m Goal Pace:	05:00
1600 m Goal #1:	04:30	1600 m Goal Pace:	04:30
800 m Goal #1:	02:00	800 m Goal Pace:	04:00

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	06:24 to 07:16	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	05:32	01:23	00:41
Long Interval Pace "800 meter to 1 mile repeats":	05:04	01:16	00:38
Short Interval Pace "Shorter than 800 meter repeats":	04:40	01:10	00:35

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":	01:25	to	01:36
Tempo Runs "I Could do this for 1-Hour Pace":	01:13		
Long Interval Pace "800 meter to 1 mile repeats":	01:07		
Short Interval Pace "Shorter than 800 meter repeats":	01:02		