

PETER WELLS

2025 Cross Country - Goal Sheet – Rev. 0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	--	--	3 km: --
2 mi CC PR:	10/22/24	12:49.30	2 mi: 6:24
5 km CC PR:	9/14/24	20:34.30	5 km: 6:37
800 m T&F PR:	4/26/25	2:31.33	800 m: 5:04
1600 m T&F PR:	4/26/25	5:29.58	1600 m: 5:31
3200 m T&F PR:	4/5/25	12:36.47	3200 m: 6:20

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 11:45	3 km CC Goal Pace: 6:18
2 mi CC Goal: 12:45	2 mi CC Goal Pace: 6:22
5 km CC Goal: 20:00	5 km CC Goal Pace: 6:26

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	8:35	2:08	1:04
Tempo:	6:56	1:44	0:52
Long Interval:	6:20	1:35	0:47
Short Interval:	5:52	1:28	0:44

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	1:54
Tempo:	1:32
Long Interval:	1:24
Short Interval:	1:18

VO ₂ Max (Estimate)
49
[ml/kg/min]