

# 2024 T&F Goal Sheet

## PHINEHAS FEDELE

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	22:02.01	5 km:	07:06
2 mi CC PR:	10/17/23	13:17.70	2 mi:	06:39
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:	04/29/23	02:35.83	800 m:	05:12

Goals		Goal Paces [minutes/mile]	
5 km Goal (reference):	<b>22:00</b>	5 km Goal Pace:	07:06
3200 m Goal #1:	<b>13:00</b>	3200 m Goal Pace:	06:30
1600 m Goal #1:	<b>06:08</b>	1600 m Goal Pace:	06:08
800 m Goal #1:	<b>02:30</b>	800 m Goal Pace:	05:00

### Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	08:50 to 09:55	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	07:33	01:53	00:57
Long Interval Pace "800 meter to 1 mile repeats":	06:56	01:44	00:52
Short Interval Pace "Shorter than 800 meter repeats":	06:24	01:36	00:48

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":	01:58 to 02:12
Tempo Runs "I Could do this for 1-Hour Pace":	01:41
Long Interval Pace "800 meter to 1 mile repeats":	01:32
Short Interval Pace "Shorter than 800 meter repeats":	01:25