

## 2024 XC Goal Sheet

**SARAH NEAL**

Personal Records	PR Pace [minutes/mile]
2 mi CC PR: 09/23/23 27:34.77	2 mi: 13:47
3 km CC PR: 08/24/24 30:03.87	3 km: 16:07
1 mi CC PR: 10/26/24 08:55.80	1 mi: 08:55

Training Goals	Goal Paces [minutes/mile]
5 km CC Goal #3: <b>29:00</b>	5 km Goal Pace: 09:21
2 mile CC Goal #3: <b>18:15</b>	2 mile Goal Pace: 09:07
3 km CC Goal #3: <b>17:00</b>	3 km Goal Pace: 09:07
1 mile CC Goal #3: <b>08:45</b>	1 mile Goal Pace: 08:45

Training Intensities	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>11:39</b>	02:54	01:27
Tempo Runs "I Could do this for 1-Hour Pace":	<b>09:49</b>	02:27	01:13
Long Interval Pace "800 meter to 1 mile repeats":	<b>09:10</b>	02:17	01:08
Short Interval Pace "Shorter than 800 meter repeats":	<b>08:25</b>	02:06	01:03

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":	02:35
Tempo Runs "I Could do this for 1-Hour Pace":	02:10
Long Interval Pace "800 meter to 1 mile repeats":	02:02
Short Interval Pace "Shorter than 800 meter repeats":	01:52