

# 2024 XC Goal Sheet

**SOPHIA MENZIK**

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	09/19/24	26:51.50	5 km:	08:39
2 mi CC PR:	08/12/24	17:53.50	2 mi:	08:56
3200 m T&F PR:	03/09/24	13:41.45	3200 m:	06:50
1600 m T&F PR:	03/09/24	07:12.37	1600 m:	07:12
800 m T&F PR:	03/23/24	03:15.29	800 m:	06:30

Training Goals		Goal Paces [minutes/mile]	
5 km XC Goal #2:	<b>26:45</b>	5 km Goal Pace:	08:37
2 Mile XC Goal #2:	<b>16:00</b>	3200 m Goal Pace:	08:00

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>10:52</b>	02:43	01:21
Tempo Runs "I Could do this for 1-Hour Pace":	<b>09:08</b>	02:17	01:08
Long Interval Pace "800 meter to 1 mile repeats":	<b>08:27</b>	02:06	01:03
Short Interval Pace "Shorter than 800 meter repeats":	<b>07:46</b>	01:56	00:58

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":	02:24
Tempo Runs "I Could do this for 1-Hour Pace":	02:01
Long Interval Pace "800 meter to 1 mile repeats":	01:52
Short Interval Pace "Shorter than 800 meter repeats":	01:43