

2024 CC Goal Sheet

BEN LILLEY

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/12/24	19:53.95	5 km:	06:25
2 mi CC PR:	10/17/23	13:00.08	2 mi:	06:30
3200 m T&F PR:	03/06/24	12:12.00	3200 m:	06:06
1600 m T&F PR:	04/29/23	05:34.99	1600 m:	05:34
800 m T&F PR:	02/24/24	02:32.41	800 m:	05:04

Training Goals		Goal Paces [minutes/mile]	
5 km CC Goal #3:	19:45	5 km Goal Pace:	06:22
2 mi CC Goal #3:	12:20	2 mi Goal Pace:	06:10

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	08:09	02:02	01:01
Tempo Runs "I Could do this for 1-Hour Pace":	06:49	01:42	00:51
Long Interval Pace "800 meter to 1 mile repeats":	06:15	01:33	00:46
Short Interval Pace "Shorter than 800 meter repeats":	05:44	01:26	00:43

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":	01:48
Tempo Runs "I Could do this for 1-Hour Pace":	01:30
Long Interval Pace "800 meter to 1 mile repeats":	01:23
Short Interval Pace "Shorter than 800 meter repeats":	01:16