

# 2024 XC Goal Sheet

**ANNIE WELLS**

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	N/R	N/R	5 km:	N/R
2 mi CC PR:	N/R	N/R	2 mi:	N/R
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:	04/20/24	03:01.72	800 m:	06:03

Training Goals		Goal Paces [minutes/mile]	
5 km XC Goal #1 R1:	<b>25:30</b>	5 km Goal Pace:	08:13
2 Mile XC Goal #1 R1:	<b>15:45</b>	2 Mile Goal Pace:	07:52

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>10:22</b>	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	<b>08:43</b>	02:10	01:05
Long Interval Pace "800 meter to 1 mile repeats":	<b>08:03</b>	02:00	01:00
Short Interval Pace "Shorter than 800 meter repeats":	<b>07:24</b>	01:51	00:55

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":	02:18
Tempo Runs "I Could do this for 1-Hour Pace":	01:56
Long Interval Pace "800 meter to 1 mile repeats":	01:47
Short Interval Pace "Shorter than 800 meter repeats":	01:38