

2024 XC Goal Sheet

SOPHIA ROBERTS

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/26/24 25:14.15	5 km: 08:08
2 mi CC PR: 10/22/24 15:08.40	2 mi: 07:34
1600 m T&F PR: 05/08/21 06:58.21	1600 m: 06:58
800 m T&F PR: 04/29/23 03:04.08	800 m: 06:08

Training Goals	Goal Paces [minutes/mile]
5 km CC Goal #3: 25:00	5 km Goal Pace: 08:03
2 mile CC Goal #3: 15:00	2 mile Goal Pace: 07:30

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	10:10	02:32	01:16
Tempo Runs "I Could do this for 1-Hour Pace":	08:32	02:08	01:04
Long Interval Pace "800 meter to 1 mile repeats":	07:54	01:58	00:59
Short Interval Pace "Shorter than 800 meter repeats":	07:15	01:48	00:54

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":	02:15
Tempo Runs "I Could do this for 1-Hour Pace":	01:53
Long Interval Pace "800 meter to 1 mile repeats":	01:45
Short Interval Pace "Shorter than 800 meter repeats":	01:36