

2024 XC Goal Sheet

KASON HEIDLEBERG

| Personal Records | PR Pace [minutes/mile] |
|----------------------------------|------------------------|
| 5 km CC PR: 10/26/24 21:19.43 | 5 km: 06:52 |
| 2 mi CC PR: 10/22/24 13:04.90 | 2 mi: 06:32 |
| 3200 m T&F PR: N/R N/R | 3200 m: N/R |
| 1600 m T&F PR: 03/23/24 07:07.00 | 1600 m: 07:07 |
| 800 m T&F PR: 03/23/24 03:15.47 | 800 m: 06:30 |

| Training Goals | Goal Paces [minutes/mile] |
|---------------------------------|---------------------------|
| 5 km XC Goal #1: 21:00 | 5 km Goal Pace: 06:46 |
| 2 Mile XC Goal #1: 13:00 | 2 Mile Goal Pace: 06:30 |

| Training Intensities | mile | 400 m | 200 m |
|---|--------------|-------|-------|
| Long Slow Distance (LSD) "Your Forever Pace": | 08:40 | 02:10 | 01:05 |
| Tempo Runs "I Could do this for 1-Hour Pace": | 07:15 | 01:48 | 00:54 |
| Long Interval Pace "800 meter to 1 mile repeats": | 06:38 | 01:39 | 00:49 |
| Short Interval Pace "Shorter than 800 meter repeats": | 06:06 | 01:31 | 00:45 |

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": | 01:55 |
| Tempo Runs "I Could do this for 1-Hour Pace": | 01:36 |
| Long Interval Pace "800 meter to 1 mile repeats": | 01:28 |
| Short Interval Pace "Shorter than 800 meter repeats": | 01:21 |