

2024 XC Goal Sheet

EMILY WELLS

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 11/11/23 23:20.26	5 km: 07:31
2 mi CC PR: 10/22/24 13:48.20	2 mi: 06:54
3 km CC PR: 08/24/24 13:13.53	3 km: 07:05
3200 m T&F PR: 02/24/24 14:48.91	3200 m: 07:24
1600 m T&F PR: 03/09/24 06:35.21	1600 m: 06:35
800 m T&F PR: 03/09/24 03:01.40	800 m: 06:02

Goals	Goal Paces [minutes/mile]
5 km CC Goal #1: 23:15	5 km Goal Pace: 07:30
2 mile CC Goal #1: 13:45	2-Mile Goal Pace: 06:52
3 km CC Goal #1: 12:44	3 km Goal Pace: 06:49

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:36	02:24	01:12
Tempo Runs "I Could do this for 1-Hour Pace":	08:01	02:00	01:00
Long Interval Pace "800 meter to 1 mile repeats":	07:21	01:50	00:55
Short Interval Pace "Shorter than 800 meter repeats":	06:44	01:41	00:50

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":	02:08
Tempo Runs "I Could do this for 1-Hour Pace":	01:46
Long Interval Pace "800 meter to 1 mile repeats":	01:38
Short Interval Pace "Shorter than 800 meter repeats":	01:29