

2024 XC Goal Sheet

LILY BASS

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	N/R	N/R	5 km:	N/R
2 mi CC PR:	10/12/24	16:54.11	2 mi:	08:27
3 km CC PR:	08/24/24	15:59.15	3 km:	08:34

Training Goals		Goal Paces [minutes/mile]	
5 km XC Goal #3:	26:45	5 km Goal Pace:	08:37
2 mile XC Goal #3:	16:45	2 mile Goal Pace:	08:22
3 km XC Goal #3:	15:33	3 km Goal Pace:	08:20

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:59	02:29	01:14
Tempo Runs "I Could do this for 1-Hour Pace":	09:09	02:17	01:08
Long Interval Pace "800 meter to 1 mile repeats":	08:27	02:06	01:03
Short Interval Pace "Shorter than 800 meter repeats":	07:46	01:56	00:58

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":	02:13
Tempo Runs "I Could do this for 1-Hour Pace":	02:02
Long Interval Pace "800 meter to 1 mile repeats":	01:52
Short Interval Pace "Shorter than 800 meter repeats":	01:43