

2024 XC Goal Sheet

ADAM NEAL

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/12/24	22:07.41	5 km:	07:08
2 mi CC PR:	10/17/23	14:40.90	2 mi:	07:20
3 km CC PR:	09/07/24	13:59.43	3 km:	07:30
1600 m T&F PR:	04/29/23	06:42.47	1600 m:	06:42
800 m T&F PR:	04/22/23	03:12.09	800 m:	06:24

Training Goals		Goal Paces [minutes/mile]	
5 km CC Goal #3:	22:00	5 km Goal Pace:	07:05
2 mi CC Goal #3:	13:48	2 mi Goal Pace:	06:54
3 km CC Goal #3:	12:48	3 km Goal Pace:	06:52

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:05	02:16	01:08
Tempo Runs "I Could do this for 1-Hour Pace":	07:35	01:53	00:56
Long Interval Pace "800 meter to 1 mile repeats":	06:57	01:44	00:52
Short Interval Pace "Shorter than 800 meter repeats":	06:23	01:35	00:47

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":	02:01
Tempo Runs "I Could do this for 1-Hour Pace":	01:41
Long Interval Pace "800 meter to 1 mile repeats":	01:32
Short Interval Pace "Shorter than 800 meter repeats":	01:25