

2024 XC Goal Sheet

ISABEL WOODARD

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/21/23 29:35.89	5 km: 09:32
3 km CC PR: 08/24/24 16:10.05	3 km: 08:40
2 mi CC PR: 10/17/23 16:07.30	2 mi: 08:03
3200 m T&F PR: 02/24/24 18:00.00	3200 m: 09:00.00
1600 m T&F PR: 03/09/24 07:28.14	1600 m: 07:28
800 m T&F PR: 02/24/24 03:49.50	800 m: 07:39

Goals	Goal Paces [minutes/mile]
5 km CC Goal #1: 29:00	5 km Goal Pace: 09:21
2 mi CC Goal #1: 16:00	2 mi Goal Pace: 08:00
3 km CC Goal #1: 14:58	3 km Goal Pace: 07:29

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	11:36	02:54	01:27
Tempo Runs "I Could do this for 1-Hour Pace":	09:49	02:27	01:13
Long Interval Pace "800 meter to 1 mile repeats":	09:10	02:17	01:08
Short Interval Pace "Shorter than 800 meter repeats":	08:25	02:06	01:03

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":	02:34
Tempo Runs "I Could do this for 1-Hour Pace":	02:10
Long Interval Pace "800 meter to 1 mile repeats":	02:02
Short Interval Pace "Shorter than 800 meter repeats":	01:52