

# 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:	10/22/24	16:13.20	2 mi:	08:06
3 km CC PR:	08/24/24	15:59.15	3 km:	08:34

Training Goals		Goal Paces [minutes/mile]	
5 km XC Goal #4:	<b>25:30</b>	5 km Goal Pace:	08:13
2 mile XC Goal #4:	<b>16:00</b>	2 mile Goal Pace:	08:00
3 km XC Goal #4:	<b>14:50</b>	3 km Goal Pace:	07:57

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>10:22</b>	02:35	01:17
Tempo Runs "I Could do this for 1-Hour Pace":	<b>08:43</b>	02:10	01:05
Long Interval Pace "800 meter to 1 mile repeats":	<b>08:03</b>	02:00	01:00
Short Interval Pace "Shorter than 800 meter repeats":	<b>07:24</b>	01:51	00:55

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":	02:18
Tempo Runs "I Could do this for 1-Hour Pace":	01:56
Long Interval Pace "800 meter to 1 mile repeats":	01:47
Short Interval Pace "Shorter than 800 meter repeats":	01:38