

2024 XC Goal Sheet

ANDREW ROBERTS

Personal Records			PR Pace [minutes/mile]	
1 mile CC PR:	09/14/24	06:26.20	1 mile:	06:26
3 km CC PR:	08/24/24	13:10.00	3 km:	07:03
800 m T&F PR:	05/06/23	02:56.48	800 m:	05:52

Training Goals		Goal Paces [minutes/mile]	
5 km CC Goal #3:	23:15	5 km Goal Pace:	07:30
2 mile CC Goal #3:	13:12	2 mile Goal Pace:	06:36
3 km CC Goal #3:	12:15	3 km Goal Pace:	06:34
1 mile CC Goal #3:	06:20	1 mile Goal Pace:	06:20

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	08:53	02:13	01:06
Tempo Runs "I Could do this for 1-Hour Pace":	07:25	01:51	00:55
Long Interval Pace "800 meter to 1 mile repeats":	06:47	01:41	00:50
Short Interval Pace "Shorter than 800 meter repeats":	06:15	01:33	00:46

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":	01:58
Tempo Runs "I Could do this for 1-Hour Pace":	01:38
Long Interval Pace "800 meter to 1 mile repeats":	01:30
Short Interval Pace "Shorter than 800 meter repeats":	01:23