

2024 CC Goal Sheet

NAOMI BASS

Personal Records			PR Pace [minutes/mile]	
2 mi CC PR:	09/14/24	15:40.70	2 mi:	07:50
3 km CC PR:	08/24/24	15:32.48	3 km:	08:20
1600 m T&F PR:	04/06/24	07:30.73	1600 m:	07:30
800 m T&F PR:	02/24/24	03:36.50	800 m:	07:13

Training Goals		Goal Paces [minutes/mile]	
5 km CC Goal #3:	24:43	5 km Goal Pace:	07:58
2 mile CC Goal #2:	15:30	2 mile Goal Pace:	07:45
3 km CC Goal #2:	14:23	3 km Goal Pace:	07:42

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	10:03	02:30	01:15
Tempo Runs "I Could do this for 1-Hour Pace":	08:27	02:06	01:03
Long Interval Pace "800 meter to 1 mile repeats":	07:49	01:57	00:58
Short Interval Pace "Shorter than 800 meter repeats":	07:11	01:47	00:53

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":	02:14
Tempo Runs "I Could do this for 1-Hour Pace":	01:52
Long Interval Pace "800 meter to 1 mile repeats":	01:44
Short Interval Pace "Shorter than 800 meter repeats":	01:35