

2024 XC Goal Sheet

SOPHIA MENZIK

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/12/24 26:46.66	5 km: 08:38
2 mi CC PR: 10/22/24 15:40.60	2 mi: 07:50
3200 m T&F PR: 03/09/24 13:41.45	3200 m: 06:50
1600 m T&F PR: 03/09/24 07:12.37	1600 m: 07:12
800 m T&F PR: 03/23/24 03:15.29	800 m: 06:30

Training Goals	Goal Paces [minutes/mile]
5 km XC Goal #3: 26:30	5 km Goal Pace: 08:32
2 Mile XC Goal #3: 15:30	3200 m Goal Pace: 07:45

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	10:46	02:41	01:20
Tempo Runs "I Could do this for 1-Hour Pace":	09:03	02:15	01:07
Long Interval Pace "800 meter to 1 mile repeats":	08:22	02:05	01:02
Short Interval Pace "Shorter than 800 meter repeats":	07:41	01:55	00:57

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":	02:23
Tempo Runs "I Could do this for 1-Hour Pace":	02:00
Long Interval Pace "800 meter to 1 mile repeats":	01:51
Short Interval Pace "Shorter than 800 meter repeats":	01:42