

2024 XC Goal Sheet

SABRINA WALTERS

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	N/R	N/R	5 km:	N/R
2 mi CC PR:	N/R	N/R	2 mi:	N/R
3200 m T&F PR:	03/23/24	17:31.47	3200 m:	08:45
1600 m T&F PR:	03/23/24	07:30.35	1600 m:	07:30
800 m T&F PR:	02/24/24	03:33.50	800 m:	07:07

Training Goals		Goal Paces [minutes/mile]	
5 km XC Goal #1:	28:00	5 km Goal Pace:	09:01
2 Mile XC Goal #1:	17:24	2 Mile Goal Pace:	08:42

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	11:23	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	09:34	02:23	01:11
Long Interval Pace "800 meter to 1 mile repeats":	08:51	02:12	01:06
Short Interval Pace "Shorter than 800 meter repeats":	08:08	02:02	01:01

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":	02:31
Tempo Runs "I Could do this for 1-Hour Pace":	02:07
Long Interval Pace "800 meter to 1 mile repeats":	01:58
Short Interval Pace "Shorter than 800 meter repeats":	01:48