

## 2024 XC Goal Sheet

**SABRINA WALTERS**

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/26/24 28:52.92	5 km: 09:19
2 mi CC PR: 10/22/24 17:12.40	2 mi: 08:36
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 CC Goal #3: <b>28:30</b>	5 km Goal Pace: 09:11
2 mile CC Goal #3: <b>17:00</b>	2 mile Goal Pace: 08:30

Training Intensities	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>11:35</b>	02:53	01:26
Tempo Runs "I Could do this for 1-Hour Pace":	<b>09:44</b>	02:26	01:13
Long Interval Pace "800 meter to 1 mile repeats":	<b>09:00</b>	02:15	01:07
Short Interval Pace "Shorter than 800 meter repeats":	<b>08:16</b>	02:04	01:02

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":	02:34
Tempo Runs "I Could do this for 1-Hour Pace":	02:09
Long Interval Pace "800 meter to 1 mile repeats":	02:00
Short Interval Pace "Shorter than 800 meter repeats":	01:50