

2024 XC Goal Sheet

OWEN NEAL

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/12/24 26:13.86	5 km: 08:27
2 mi CC PR: 08/12/24 15:16.10	2 mi: 07:38
800 m T&F PR: 04/22/23 04:02.50	800 m: 08:05

Training Goals	Goal Paces [minutes/mile]
5 km XC Goal #6 : 24:15	5 km Goal Pace: 07:49
2 Mile XC Goal #6 : 15:10	3200 m Goal Pace: 07:35

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:51	02:27	01:13
Tempo Runs "I Could do this for 1-Hour Pace":	08:17	02:04	01:02
Long Interval Pace "800 meter to 1 mile repeats":	07:44	01:56	00:58
Short Interval Pace "Shorter than 800 meter repeats":	07:02	01:45	00:52

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":	02:11
Tempo Runs "I Could do this for 1-Hour Pace":	01:50
Long Interval Pace "800 meter to 1 mile repeats":	01:43
Short Interval Pace "Shorter than 800 meter repeats":	01:33