

2024 XC Goal Sheet

LUKE WOODARD

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	28:34.58	5 km:	09:13
2 mi CC PR:	10/17/23	18:06.80	2 mi:	09:03
3200 m T&F PR:	02/24/24	15:44.64	3200 m:	07:52
1600 m T&F PR:	04/13/19	07:39.97	1600 m:	07:39
800 m T&F PR:	03/04/23	03:15.59	800 m:	06:31

Goals		Goal Paces [minutes/mile]	
5 km XC Goal #1:	28:30	5 km Goal Pace:	09:11
2 Mile XC Goal #1:	15:30	3200 m Goal Pace:	07:45

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	11:35	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	09:45	02:26	01:13
Long Interval Pace "800 meter to 1 mile repeats":	09:00	02:15	01:07
Short Interval Pace "Shorter than 800 meter repeats":	08:16	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":	02:10
Long Interval Pace "800 meter to 1 mile repeats":	02:00
Short Interval Pace "Shorter than 800 meter repeats":	01:50