

2024 CC Goal Sheet

ELIJAH WOODARD

Personal Records	PR Pace [minutes/mile]
3 km CC PR: 08/24/24 30:15.87	3 km: 16:14
1 mi CC PR: 10/26/24 11:48.02	1 mi: 11:48

Training Goals	Goal Paces [minutes/mile]
5 km CC Goal #5: 38:15	5 km Goal Pace: 12:20
2 mile CC Goal #5: 24:00	2 mile Goal Pace: 12:00
3 km CC Goal #5: 22:15	3 km Goal Pace: 11:56
1 mile CC Goal #5: 11:30	1 mile Goal Pace: 11:30

Training Intensities	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	15:18	03:49	01:54
Tempo Runs "I Could do this for 1-Hour Pace":	12:57	03:14	01:37
Long Interval Pace "800 meter to 1 mile repeats":	12:05	03:01	01:30
Short Interval Pace "Shorter than 800 meter repeats":	11:06	02:46	01:23

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":	03:24
Tempo Runs "I Could do this for 1-Hour Pace":	02:52
Long Interval Pace "800 meter to 1 mile repeats":	02:41
Short Interval Pace "Shorter than 800 meter repeats":	02:28