

# 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	18:30.90	2 mi:	09:15
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 #5:	<b>26:00</b>	5 km Goal Pace:	08:23
2 Mile XC Goal #5:	<b>16:27</b>	3200 m Goal Pace:	08:13

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>10:34</b>	02:38	01:19
Tempo Runs "I Could do this for 1-Hour Pace":	<b>08:53</b>	02:13	01:06
Long Interval Pace "800 meter to 1 mile repeats":	<b>08:13</b>	02:03	01:01
Short Interval Pace "Shorter than 800 meter repeats":	<b>07:32</b>	01:53	00:56

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":	02:20
Tempo Runs "I Could do this for 1-Hour Pace":	01:58
Long Interval Pace "800 meter to 1 mile repeats":	01:49
Short Interval Pace "Shorter than 800 meter repeats":	01:40