

## 2024 XC Goal Sheet

**CALEB CRAWFORD**

Personal Records	PR Pace [minutes/mile]
1 mi CC PR: 09/14/24 09:56.70	1 mi: 09:56
3 km CC PR: 08/24/24 18:56.67	3 km: 10:09
2 mi CC PR: 10/22/24 23:11.90	2 mi: 11:35
1600 m T&F PR: 03/23/24 08:37.35	1600 m: 08:37
800 m T&F PR: 02/24/24 03:46.15	800 m: 07:32

Training Goals	Goal Paces [minutes/mile]
	6
5 km CC Goal #1: <b>32:30</b>	5 km Goal Pace: 10:29
2 mile CC Goal #1: <b>20:20</b>	2 mile Goal Pace: 10:10
3 km CC Goal #1: <b>18:50</b>	3 km Goal Pace: 10:06
1 mile Goal #1: <b>09:45</b>	1 mile Goal Pace: 09:45

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>13:00</b>	03:15	01:37
Tempo Runs "I Could do this for 1-Hour Pace":	<b>11:00</b>	02:45	01:22
Long Interval Pace "800 meter to 1 mile repeats":	<b>10:16</b>	02:34	01:17
Short Interval Pace "Shorter than 800 meter repeats":	<b>09:26</b>	02:21	01:10

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":	02:53
Tempo Runs "I Could do this for 1-Hour Pace":	02:26
Long Interval Pace "800 meter to 1 mile repeats":	02:17
Short Interval Pace "Shorter than 800 meter repeats":	02:05