

2024 CC Goal Sheet

SAM NEAL

Personal Records			PR Pace [minutes/mile]	
1 mi CC PR:	09/20/24	08:18.95	1 mi:	08:18
3 km CC PR:	08/24/24	18:17.84	3 km:	09:48
2 mi CC PR:	09/23/24	21:38.40	2 mi:	10:49
1600 m T&F PR:	04/06/24	08:17.03	1600 m:	08:17
800 m T&F PR:	03/23/24	03:37.53	800 m:	07:15

Training Goals		Goal Paces [minutes/mile]	
5 km CC Goal #4:	26:53	5 km Goal Pace:	08:40
2 mile CC Goal #4:	16:52	2 mile Goal Pace:	08:26
3 km CC Goal #4:	15:39	3 km Goal Pace:	08:23
1 mi CC Goal #4:	08:15	1 mile Goal Pace:	08:15

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	10:58	02:44	01:22
Tempo Runs "I Could do this for 1-Hour Pace":	09:13	02:18	01:09
Long Interval Pace "800 meter to 1 mile repeats":	08:32	02:08	01:04
Short Interval Pace "Shorter than 800 meter repeats":	07:50	01:57	00:58

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":	02:26
Tempo Runs "I Could do this for 1-Hour Pace":	02:03
Long Interval Pace "800 meter to 1 mile repeats":	01:53
Short Interval Pace "Shorter than 800 meter repeats":	01:44