

## 2024 XC Goal Sheet

**ANDREW ROBERTS**

Personal Records	PR Pace [minutes/mile]
1 mile CC PR: 10/26/24 06:23.62	1 mile: 06:23
3 km CC PR: 08/24/24 13:10.00	3 km: 07:03
2 mile CC PR: 09/23/24 14:25.00	2 mile: 07:12
800 m T&F PR: 05/06/23 02:56.48	800 m: 05:52

Training Goals	Goal Paces [minutes/mile]
5 km CC Goal #3: <b>23:15</b>	5 km Goal Pace: 07:30
2 mile CC Goal #3: <b>13:12</b>	2 mile Goal Pace: 06:36
3 km CC Goal #3: <b>12:15</b>	3 km Goal Pace: 06:34
1 mile CC Goal #3: <b>06:20</b>	1 mile Goal Pace: 06:20

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>08:53</b>	02:13	01:06
Tempo Runs "I Could do this for 1-Hour Pace":	<b>07:25</b>	01:51	00:55
Long Interval Pace "800 meter to 1 mile repeats":	<b>06:47</b>	01:41	00:50
Short Interval Pace "Shorter than 800 meter repeats":	<b>06:15</b>	01:33	00:46

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":	01:58
Tempo Runs "I Could do this for 1-Hour Pace":	01:38
Long Interval Pace "800 meter to 1 mile repeats":	01:30
Short Interval Pace "Shorter than 800 meter repeats":	01:23