

2024 XC Goal Sheet

MAIA LILLEY

| Personal Records | PR Pace [minutes/mile] |
|----------------------------------|------------------------|
| 5 km CC PR: 10/21/23 22:55.32 | 5 km: 07:23 |
| 2 mi CC PR: 08/12/24 16:29.10 | 2 mi: N/R |
| 3200 m T&F PR: N/R N/R | 3200 m: N/R |
| 1600 m T&F PR: 03/23/24 06:02.26 | 1600 m: 06:02 |
| 800 m T&F PR: 03/23/24 02:39.35 | 800 m: 05:18 |

| Goals | Goal Paces [minutes/mile] |
|---------------------------------|---------------------------|
| 5 km XC Goal #1: 21:45 | 5 km Goal Pace: 07:00 |
| 2 Mile XC Goal #1: 13:50 | 3200 m Goal Pace: 06:55 |

Training Intensities

| | mile | 400 m | 200 m |
|---|--------------|-------|-------|
| Long Slow Distance (LSD) "Your Forever Pace": | 08:59 | 02:14 | 01:07 |
| Tempo Runs "I Could do this for 1-Hour Pace": | 07:30 | 01:52 | 00:56 |
| Long Interval Pace "800 meter to 1 mile repeats": | 06:52 | 01:43 | 00:51 |
| Short Interval Pace "Shorter than 800 meter repeats": | 06:19 | 01:34 | 00:47 |

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": | 01:59 |
| Tempo Runs "I Could do this for 1-Hour Pace": | 01:40 |
| Long Interval Pace "800 meter to 1 mile repeats": | 01:31 |
| Short Interval Pace "Shorter than 800 meter repeats": | 01:24 |