

2024 CC Goal Sheet

ELIJAH WOODARD

Personal Records			PR Pace [minutes/mile]	
3 km CC PR:	08/24/24	30:15.87	3 km:	16:14
1 mi CC PR:	10/07/24	13:17.70	1 mi:	13:17

Training Goals		Goal Paces [minutes/mile]	
5 km CC Goal #4:	43:15	5 km Goal Pace:	13:57
2 mile CC Goal #4:	27:10	2 mile Goal Pace:	13:35
3 km CC Goal #4:	25:10	3 km Goal Pace:	13:30
1 mile CC Goal #4:	13:00	1 mile Goal Pace:	13:00

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	15:57	03:59	01:59
Tempo Runs "I Could do this for 1-Hour Pace":	14:30	03:37	01:48
Long Interval Pace "800 meter to 1 mile repeats":	13:50	03:27	01:43
Short Interval Pace "Shorter than 800 meter repeats":	13:10	03:17	01:38

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":	03:32
Tempo Runs "I Could do this for 1-Hour Pace":	03:13
Long Interval Pace "800 meter to 1 mile repeats":	03:04
Short Interval Pace "Shorter than 800 meter repeats":	02:55