

2024 CC Goal Sheet

IZZIE LILLEY

Personal Records			PR Pace [minutes/mile]	
2 mi CC PR:	10/21/23	21:31.83	2 mi:	10:45
3 km CC PR:	08/24/24	16:36.95	3 km:	08:54
1 mi CC PR:	10/07/24	07:57.50	1 mi:	07:57
800 m T&F PR:	03/09/24	03:39.73	800 m:	07:19

Training Goals		Goal Paces [minutes/mile]	
5 km CC Goal #4:	25:45	5 km Goal Pace:	08:18
2 mile CC Goal #4:	16:10	2 mile Goal Pace:	08:05
3 km CC Goal #4:	15:00	3 km Goal Pace:	08:02
1 mile CC Goal #4:	07:45	1 mile Goal Pace:	07:45

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	10:28	02:37	01:18
Tempo Runs "I Could do this for 1-Hour Pace":	08:48	02:12	01:06
Long Interval Pace "800 meter to 1 mile repeats":	08:08	02:02	01:01
Short Interval Pace "Shorter than 800 meter repeats":	07:28	01:52	00:56

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":	02:19
Tempo Runs "I Could do this for 1-Hour Pace":	01:57
Long Interval Pace "800 meter to 1 mile repeats":	01:48
Short Interval Pace "Shorter than 800 meter repeats":	01:39