

2024 XC Goal Sheet

ISABEL WOODARD

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	29:35.89	5 km:	09:32
3 km CC PR:	09/09/23	18:26.86	3 km:	09:53
2 mi CC PR:	10/17/23	16:07.30	2 mi:	08:03
3200 m T&F PR:	02/24/24	18:00.00	3200 m:	09:00.00
1600 m T&F PR:	03/09/24	07:28.14	1600 m:	07:28
800 m T&F PR:	02/24/24	03:49.50	800 m:	07:39

Goals		Goal Paces [minutes/mile]	
5 km XC Goal #1:	29:00	5 km Goal Pace:	09:21
2 Mile XC Goal #1:	16:00	2 Mile Goal Pace:	08:00

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	11:36	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	09:49	02:27	01:13
Long Interval Pace "800 meter to 1 mile repeats":	09:10	02:17	01:08
Short Interval Pace "Shorter than 800 meter repeats":	08:25	02:06	01:03

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":	02:34
Tempo Runs "I Could do this for 1-Hour Pace":	02:10
Long Interval Pace "800 meter to 1 mile repeats":	02:02
Short Interval Pace "Shorter than 800 meter repeats":	01:52