

2024 XC Goal Sheet

THOMAS NEAL

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/12/24 23:36.80	5 km: 07:37
2 mi CC PR: 08/12/24 15:27.80	2 mi: 07:43
1600 m T&F PR: 02/29/20 07:52.89	1600 m: 07:52

Training Goals	Goal Paces [minutes/mile]
5 km XC Goal #2: 23:30	5 km Goal Pace: 07:34
2 Mile XC Goal #2: 14:44	2 Mile Goal Pace: 07:22

Training Intensities	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:42	02:25	01:12
Tempo Runs "I Could do this for 1-Hour Pace":	08:06	02:01	01:00
Long Interval Pace "800 meter to 1 mile repeats":	07:25	01:51	00:55
Short Interval Pace "Shorter than 800 meter repeats":	06:49	01:42	00:51

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":	02:09
Tempo Runs "I Could do this for 1-Hour Pace":	01:48
Long Interval Pace "800 meter to 1 mile repeats":	01:39
Short Interval Pace "Shorter than 800 meter repeats":	01:30