

2024 XC Goal Sheet

KASON HEIDLEBERG

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	09/21/23	21:56.45	5 km:	07:04
2 mi CC PR:	10/17/23	13:46.40	2 mi:	06:53
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	03/23/24	07:07.00	1600 m:	07:07
800 m T&F PR:	03/23/24	03:15.47	800 m:	06:30

Training Goals		Goal Paces [minutes/mile]	
5 km XC Goal #1:	21:00	5 km Goal Pace:	06:46
2 Mile XC Goal #1:	13:00	2 Mile Goal Pace:	06:30

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	08:40	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	07:15	01:48	00:54
Long Interval Pace "800 meter to 1 mile repeats":	06:38	01:39	00:49
Short Interval Pace "Shorter than 800 meter repeats":	06:06	01:31	00:45

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":	01:55
Tempo Runs "I Could do this for 1-Hour Pace":	01:36
Long Interval Pace "800 meter to 1 mile repeats":	01:28
Short Interval Pace "Shorter than 800 meter repeats":	01:21