

# 2024 XC Goal Sheet

## CALEB CRAWFORD

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	N/R	N/R	5 km:	N/R
2 mi CC PR:	N/R	N/R	2 mi:	N/R
3200 m T&F PR:	N/R	N/R	3200 m:	N/R
1600 m T&F PR:	03/23/24	08:37.35	1600 m:	08:37
800 m T&F PR:	02/24/24	03:46.15	800 m:	07:32

Training Goals		Goal Paces [minutes/mile]	
5 km XC Goal #1:	<b>31:00</b>	5 km Goal Pace:	10:00
2 Mile XC Goal #1:	<b>18:30</b>	2 Mile Goal Pace:	09:15

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	12:24	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	10:30	02:37	01:18
Long Interval Pace "800 meter to 1 mile repeats":	09:48	02:27	01:13
Short Interval Pace "Shorter than 800 meter repeats":	09:00	02:15	01:07

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":	02:45
Tempo Runs "I Could do this for 1-Hour Pace":	02:20
Long Interval Pace "800 meter to 1 mile repeats":	02:10
Short Interval Pace "Shorter than 800 meter repeats":	02:00