

2024 XC Goal Sheet

EMILY WELLS

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	11/11/23	23:20.26	5 km:	07:31
2 mi CC PR:	10/17/23	13:57.10	2 mi:	06:58
3200 m T&F PR:	02/24/24	14:48.91	3200 m:	07:24
1600 m T&F PR:	03/09/24	06:35.21	1600 m:	06:35
800 m T&F PR:	03/09/24	03:01.40	800 m:	06:02

Goals		Goal Paces [minutes/mile]	
5 km XC Goal #1:	23:15	5 km Goal Pace:	07:30
2 Mile Goal #1:	13:45	2-Mile Goal Pace:	06:52

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:36	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	08:01	02:00	01:00
Long Interval Pace "800 meter to 1 mile repeats":	07:21	01:50	00:55
Short Interval Pace "Shorter than 800 meter repeats":	06:44	01:41	00:50

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":	02:08
Tempo Runs "I Could do this for 1-Hour Pace":	01:46
Long Interval Pace "800 meter to 1 mile repeats":	01:38
Short Interval Pace "Shorter than 800 meter repeats":	01:29