

# 2024 XC Goal Sheet

**BRYSON HANNA**

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	19:29.07	5 km:	06:17
2 mi CC PR:	10/17/23	11:40.00	2 mi:	05:50
3200 m T&F PR:	04/20/22	14:26.52	3200 m:	07:13
1600 m T&F PR:	03/23/24	05:08.85	1600 m:	05:08
800 m T&F PR:	03/23/24	02:17.75	800 m:	04:35

Training Goals		Goal Paces [minutes/mile]	
5 km XC Goal #1:	<b>19:00</b>	5 km Goal Pace:	06:07
2-Mile XC Goal #1:	<b>11:00</b>	2-Mile Goal Pace:	05:30

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>07:51</b>	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	<b>06:34</b>	01:38	00:49
Long Interval Pace "800 meter to 1 mile repeats":	<b>06:00</b>	01:30	00:45
Short Interval Pace "Shorter than 800 meter repeats":	<b>05:31</b>	01:22	00:41

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":	01:44
Tempo Runs "I Could do this for 1-Hour Pace":	01:27
Long Interval Pace "800 meter to 1 mile repeats":	01:20
Short Interval Pace "Shorter than 800 meter repeats":	01:13