

2024 XC Goal Sheet

MAIA LILLEY

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/21/23	22:55.32	5 km:	07:23
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	06:02.26	1600 m:	06:02
800 m T&F PR:	03/23/24	02:39.35	800 m:	05:18

Goals		Goal Paces [minutes/mile]	
5 km XC Goal #1:	21:45	5 km Goal Pace:	07:00
2 Mile XC Goal #1:	13:50	3200 m Goal Pace:	06:55

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	08:59	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	07:30	01:52	00:56
Long Interval Pace "800 meter to 1 mile repeats":	06:52	01:43	00:51
Short Interval Pace "Shorter than 800 meter repeats":	06:19	01:34	00:47

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":	01:59
Tempo Runs "I Could do this for 1-Hour Pace":	01:40
Long Interval Pace "800 meter to 1 mile repeats":	01:31
Short Interval Pace "Shorter than 800 meter repeats":	01:24