

## 2024 XC Goal Sheet

**ANNIE WELLS**

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 09/30/24 26:49.24	5 km: 08:39
2 mi CC PR: 10/22/24 15:39.20	2 mi: 07:49
800 m T&F PR: 04/20/24 03:01.72	800 m: 06:03

Training Goals	Goal Paces [minutes/mile]
5 km CC Goal #2: <b>26:30</b>	5 km Goal Pace: 08:32
2 mi CC Goal #2: <b>15:30</b>	2 mi Goal Pace: 07:45

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>10:46</b>	--	--
Tempo Runs "I Could do this for 1-Hour Pace":	<b>09:03</b>	02:15	01:07
Long Interval Pace "800 meter to 1 mile repeats":	<b>08:22</b>	02:05	01:02
Short Interval Pace "Shorter than 800 meter repeats":	<b>07:41</b>	01:55	00:57

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":	02:23
Tempo Runs "I Could do this for 1-Hour Pace":	02:00
Long Interval Pace "800 meter to 1 mile repeats":	01:51
Short Interval Pace "Shorter than 800 meter repeats":	01:42