

2024 XC Goal Sheet

SARAH NEAL

Personal Records			PR Pace [minutes/mile]	
2 mi CC PR:	09/02/23	27:34.77	2 mi:	13:47
3 km CC PR:	08/24/24	30:03.87	3 km:	16:07
1 mi CC PR:	09/14/24	09:30.40	1 mi:	09:30

Training Goals		Goal Paces [minutes/mile]	
5 km CC Goal #2:	30:46	5 km Goal Pace:	09:55
2 mile CC Goal #2:	19:17	2 mile Goal Pace:	09:38
3 km CC Goal #2:	17:54	3 km Goal Pace:	09:36
1 mile CC Goal #2:	09:15	1 mile Goal Pace:	09:15

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	12:18	03:04	01:32
Tempo Runs "I Could do this for 1-Hour Pace":	10:25	02:36	01:18
Long Interval Pace "800 meter to 1 mile repeats":	09:43	02:25	01:12
Short Interval Pace "Shorter than 800 meter repeats":	08:56	02:14	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":	02:44
Tempo Runs "I Could do this for 1-Hour Pace":	02:18
Long Interval Pace "800 meter to 1 mile repeats":	02:09
Short Interval Pace "Shorter than 800 meter repeats":	01:59