

2024 XC Goal Sheet

THOMAS NEAL

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/12/24 23:36.80	5 km: 07:37
2 mi CC PR: 10/22/24 14:26.30	2 mi: 07:13
1600 m T&F PR: 02/29/20 07:52.89	1600 m: 07:52

Training Goals	Goal Paces [minutes/mile]
5 km XC Goal #3: 23:00	5 km Goal Pace: 07:25
2 Mile XC Goal #3: 14:20	2 Mile Goal Pace: 07:10

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:30	02:22	01:11
Tempo Runs "I Could do this for 1-Hour Pace":	07:56	01:59	00:59
Long Interval Pace "800 meter to 1 mile repeats":	07:16	01:49	00:54
Short Interval Pace "Shorter than 800 meter repeats":	06:40	01:40	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":	02:06
Tempo Runs "I Could do this for 1-Hour Pace":	01:45
Long Interval Pace "800 meter to 1 mile repeats":	01:36
Short Interval Pace "Shorter than 800 meter repeats":	01:29