

## 2024 CC Goal Sheet

### TRACE BASS

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/12/24 22:10.56	5 km: 07:09
2 mi CC PR: 08/12/24 13:32.40	2 mi: 06:46
3200 m T&F PR: 03/09/24 16:38.30	3200 m: 08:19
1600 m T&F PR: 02/24/24 06:37.92	1600 m: 06:37

Training Goals	Goal Paces [minutes/mile]
5 km CC Goal #6: <b>21:30</b>	5 km Goal Pace: 06:56
2 mile CC Goal #6: <b>13:30</b>	2 mile Goal Pace: 06:45

Training Intensities	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>08:53</b>	02:13	01:06
Tempo Runs "I Could do this for 1-Hour Pace":	<b>08:00</b>	02:00	01:00
Long Interval Pace "800 meter to 1 mile repeats":	<b>06:47</b>	01:41	00:50
Short Interval Pace "Shorter than 800 meter repeats":	<b>06:14</b>	01:33	00:46

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":	01:58
Tempo Runs "I Could do this for 1-Hour Pace":	01:46
Long Interval Pace "800 meter to 1 mile repeats":	01:30
Short Interval Pace "Shorter than 800 meter repeats":	01:23