

## 2024 CC Goal Sheet

**BRYSON HANNA**

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/26/24 18:25.70	5 km: 05:56
2 mi CC PR: 10/22/24 11:03.90	2 mi: 05:31
3200 m T&F PR: 04/20/22 14:26.52	3200 m: 07:13
1600 m T&F PR: 03/23/24 05:08.85	1600 m: 05:08
800 m T&F PR: 03/23/24 02:17.75	800 m: 04:35

Training Goals	Goal Paces [minutes/mile]
5 km CC Goal #2: <b>18:00</b>	5 km Goal Pace: 05:48
2 mi CC Goal #2: <b>11:00</b>	2 mi Goal Pace: 05:30

Training Intensities			
	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	<b>07:33</b>	01:53	00:56
Tempo Runs "I Could do this for 1-Hour Pace":	<b>06:16</b>	01:34	00:47
Long Interval Pace "800 meter to 1 mile repeats":	<b>05:41</b>	01:25	00:42
Short Interval Pace "Shorter than 800 meter repeats":	<b>05:13</b>	01:18	00:39

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":	01:40
Tempo Runs "I Could do this for 1-Hour Pace":	01:23
Long Interval Pace "800 meter to 1 mile repeats":	01:15
Short Interval Pace "Shorter than 800 meter repeats":	01:09