

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	18:27.60	2 mi:	09:13
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 #5:	22:00	5 km Goal Pace:	07:05
2 mile CC Goal #5:	13:48	2 mile Goal Pace:	06:54

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	09:05	02:16	01:08
Tempo Runs "I Could do this for 1-Hour Pace":	07:35	01:53	00:56
Long Interval Pace "800 meter to 1 mile repeats":	06:57	01:44	00:52
Short Interval Pace "Shorter than 800 meter repeats":	06:23	01:35	00:47

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":	02:01
Tempo Runs "I Could do this for 1-Hour Pace":	01:41
Long Interval Pace "800 meter to 1 mile repeats":	01:32
Short Interval Pace "Shorter than 800 meter repeats":	01:25