

2024 CC Goal Sheet

BEN LILLEY

Personal Records	PR Pace [minutes/mile]
5 km CC PR: 10/12/24 19:53.95	5 km: 06:25
2 mi CC PR: 10/22/24 11:48.30	2 mi: 05:54
3200 m T&F PR: 03/06/24 12:12.00	3200 m: 06:06
1600 m T&F PR: 04/29/23 05:34.99	1600 m: 05:34
800 m T&F PR: 02/24/24 02:32.41	800 m: 05:04

Training Goals	Goal Paces [minutes/mile]
5 km CC Goal #4: 19:00	5 km Goal Pace: 06:07
2 mi CC Goal #4: 11:40	2 mi Goal Pace: 05:50

Training Intensities

	mile	400 m	200 m
Long Slow Distance (LSD) "Your Forever Pace":	07:51	01:57	00:58
Tempo Runs "I Could do this for 1-Hour Pace":	06:33	01:38	00:49
Long Interval Pace "800 meter to 1 mile repeats":	06:00	01:30	00:45
Short Interval Pace "Shorter than 800 meter repeats":	05:31	01:22	00:41

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":	01:44
Tempo Runs "I Could do this for 1-Hour Pace":	01:27
Long Interval Pace "800 meter to 1 mile repeats":	01:20
Short Interval Pace "Shorter than 800 meter repeats":	01:13