

IZZIE LILLEY

2025 Cross Country - Goal Sheet – Rev. 0.3

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	8/30/25	7:06.72	1 mi: 7:06
3 km CC PR:	8/23/25	14:32.80	3 km: 7:48
2 mi CC PR:	8/11/25	16:51.90	2 mi: 8:25
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	3/9/24	3:39.73	800 m: 7:22
1600 m T&F PR:	4/26/25	6:59.13	1600 m: 6:59
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
1 mi CC Goal: 6:58	1 mi CC Goal Pace: 6:58
3 km CC Goal: 13:45	3 km CC Goal Pace: 7:22
2 mi CC Goal: 14:49	2 mi CC Goal Pace: 7:24

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	10:06	2:31	1:15
Tempo:	8:12	2:03	1:01
Long Interval:	7:28	1:52	0:56
Short Interval:	6:56	1:44	0:52

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:14
Tempo:	1:49
Long Interval:	1:39
Short Interval:	1:32

VO ₂ Max (Estimate)
40
[ml/kg/min]