

# 2024 XC Goal Sheet

**ADAM NEAL**

Personal Records			PR Pace [minutes/mile]	
5 km CC PR:	10/12/24	22:07.41	5 km:	07:08
2 mi CC PR:	10/22/24	13:38.30	2 mi:	06:49
3 km CC PR:	09/07/24	13:59.43	3 km:	07:30
1600 m T&F PR:	04/29/23	06:42.47	1600 m:	06:42
800 m T&F PR:	04/22/23	03:12.09	800 m:	06:24

Training Goals		Goal Paces [minutes/mile]	
5 km CC Goal #4:	<b>21:30</b>	5 km Goal Pace:	06:56
2 mi CC Goal #4:	<b>13:30</b>	2 mi Goal Pace:	06:45
3 km CC Goal #4:	<b>12:30</b>	3 km Goal Pace:	06:42

## 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>07:25</b>	01:51	00:55
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":	01:38
Long Interval Pace "800 meter to 1 mile repeats":	01:30
Short Interval Pace "Shorter than 800 meter repeats":	01:23