

EMILY SMITH

2025 Cross Country - Goal Sheet – Rev. 3.0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	9/15/25	15:34.69	3 km: 8:21
2 mi CC PR:	10/11/25	15:50.00	2 mi: 7:55
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	4/26/25	3:32.03	800 m: 7:06
1600 m T&F PR:	--	--	1600 m: --
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 14:21	3 km CC Goal Pace: 7:41
2 mi CC Goal: 15:29	2 mi CC Goal Pace: 7:44
5 km CC Goal: 24:39	5 km CC Goal Pace: 7:56

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	10:31	2:37	1:18
Tempo:	8:33	2:08	1:04
Long Interval:	7:44	1:56	0:58
Short Interval:	7:12	1:48	0:54

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 2:20
Tempo: 1:54
Long Interval: 1:43
Short Interval: 1:36

VO ₂ Max (Estimate)
38
[ml/kg/min]