

ELIJAH WOODARD

2025 Cross Country - Goal Sheet – Rev. 1.0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	10/26/24	11:48.02	1 mi: 11:48
3 km CC PR:	8/23/25	24:25.15	3 km: 13:06
2 mi CC PR:	--	--	2 mi: --
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	--	--	800 m: --
1600 m T&F PR:	--	--	1600 m: --
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
1 mi CC Goal: 11:45	1 mi CC Goal Pace: 11:45
3 km CC Goal: 24:00	3 km CC Goal Pace: 12:52
2 mi CC Goal: 26:00	2 mi CC Goal Pace: 13:00

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	14:02	3:30	1:45
Tempo:	12:36	3:09	1:34
Long Interval:	12:04	3:01	1:30
Short Interval:	11:36	2:54	1:27

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	3:07
Tempo:	2:48
Long Interval:	2:40
Short Interval:	2:34

VO ₂ Max (Estimate)
23
[ml/kg/min]