

MARY ELIZABETH PADILLA

2025 Cross Country - Goal Sheet – Rev. 0.0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	08/30/25	9:27.75	1 mi: 9:27
3 km CC PR:	--	--	3 km: --
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: 9:11	1 mi CC Goal Pace: 9:11
3 km CC Goal: 17:56	3 km CC Goal Pace: 9:37
2 mi CC Goal: 19:19	2 mi CC Goal Pace: 9:39

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	12:34	3:08	1:34
Tempo:	10:34	2:38	1:19
Long Interval:	9:20	2:20	1:10
Short Interval:	8:44	2:11	1:05

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:47
Tempo:	2:20
Long Interval:	2:04
Short Interval:	1:56

VO ₂ Max (Estimate)
29
[ml/kg/min]