

KAYLEAH LILLEY

2025 Cross Country - Goal Sheet – Rev. 0.3

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	8/23/25	14:23.80	3 km: 7:43
2 mi CC PR:	8/30/25	14:46.84	2 mi: 7:23
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	4/12/25	3:05.05	800 m: 6:12
1600 m T&F PR:	4/2/24	6:45.10	1600 m: 6:47
3200 m T&F PR:	4/26/25	14:43.84	3200 m: 7:24

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 13:11	3 km CC Goal Pace: 7:04
2 mi CC Goal: 14:13	2 mi CC Goal Pace: 7:06
5 km CC Goal: 22:41	5 km CC Goal Pace: 7:18

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	9:43	2:25	1:12
Tempo:	7:52	1:58	0:59
Long Interval:	7:12	1:48	0:54
Short Interval:	6:40	1:40	0:50

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:09
Tempo:	1:44
Long Interval:	1:36
Short Interval:	1:28

VO ₂ Max (Estimate)
42
[ml/kg/min]