

ADAM NEAL

2025 Cross Country - Goal Sheet – Rev. 0.2

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	10/6/25	12:24.80	3 km: 6:39
2 mi CC PR:	10/22/24	13:38.30	2 mi: 6:49
5 km CC PR:	8/23/25	21:36.34	5 km: 6:57
800 m T&F PR:	4/26/25	2:55.89	800 m: 5:53
1600 m T&F PR:	4/12/25	6:04.71	1600 m: 6:06
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 11:58	3 km CC Goal Pace: 6:25
2 mi CC Goal: 12:55	2 mi CC Goal Pace: 6:27
5 km CC Goal: 20:39	5 km CC Goal Pace: 6:38

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	8:53	2:13	1:06
Tempo:	7:09	1:47	0:53
Long Interval:	6:32	1:38	0:49
Short Interval:	6:00	1:30	0:45

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	1:58
Tempo:	1:35
Long Interval:	1:27
Short Interval:	1:20

VO ₂ Max (Estimate)
47
[ml/kg/min]