

VESTON BASS

2025 Cross Country - Goal Sheet – Rev. 1.0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	8/30/25	06:48.02	1 mi: 6:48
3 km CC PR:	8/23/25	16:32.48	3 km: 8:52
2 mi CC PR:	8/11/25	16:20.30	2 mi: 8:10
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	4/06/24	03:44.80	800 m: 7:32
1600 m T&F PR:	4/05/25	7:27.31	1600 m: 7:30
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
1 mi CC Goal: 6:41	1 mi CC Goal Pace: 6:41
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

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	09:44	2:26	1:13
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]