

LILY BASS

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:	8/24/24	15:59.15	3 km: 8:34
2 mi CC PR:	10/22/24	16:13.20	2 mi: 8:06
5 km CC PR:	8/30/25	27:08.89	5 km: 8:44
800 m T&F PR:	--	--	800 m: --
1600 m T&F PR:	--	--	1600 m: --
3200 m T&F PR:	3/1/25	16:50.36	3200 m: 8:28

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 15:01	3 km CC Goal Pace: 8:03
2 mi CC Goal: 16:11	2 mi CC Goal Pace: 8:05
5 km CC Goal: 25:46	5 km CC Goal Pace: 8:17

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	11:03	2:45	1:22
Tempo:	8:55	2:13	1:06
Long Interval:	8:08	2:02	1:01
Short Interval:	7:36	1:54	0:57

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:27
Tempo:	1:58
Long Interval:	1:48
Short Interval:	1:41

VO ₂ Max (Estimate)
36
[ml/kg/min]