

SOPHIA ROBERTS

2025 Cross Country - Goal Sheet – Rev. 0.1

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	--	--	3 km: --
2 mi CC PR:	10/22/24	15:08.40	2 mi: 7:34
5 km CC PR:	8/30/25	24:43.16	5 km: 7:57
800 m T&F PR:	4/12/25	2:52.20	800 m: 5:46
1600 m T&F PR:	5/8/21	6:58.21	1600 m: 7:00
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 13:28	3 km CC Goal Pace: 7:13
2 mi CC Goal: 14:31	2 mi CC Goal Pace: 7:15
5 km CC Goal: 23:09	5 km CC Goal Pace: 7:27

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	9:55	2:28	1:14
Tempo:	8:02	2:00	1:00
Long Interval:	7:20	1:50	0:55
Short Interval:	6:48	1:42	0:51

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:12
Tempo:	1:47
Long Interval:	1:37
Short Interval:	1:30

VO ₂ Max (Estimate)
41
[ml/kg/min]