

SAM NEAL

2025 Cross Country - Goal Sheet – Rev. 0.4

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	8/30/25	7:53.47	1 mi: 7:53
3 km CC PR:	9/06/25	16:08.12	3 km: 8:39
2 mi CC PR:	8/11/25	17:15.90	2 mi: 8:37
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	3/23/24	3:37.53	800 m: 7:17
1600 m T&F PR:	4/12/25	8:00.69	1600 m: 8:03
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
1 mi CC Goal: 7:49	1 mi CC Goal Pace: 7:49
3 km CC Goal: 15:23	3 km CC Goal Pace: 8:15
2 mi CC Goal: 16:34	2 mi CC Goal Pace: 8:17

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	11:13	2:48	1:24
Tempo:	9:07	2:16	1:08
Long Interval:	8:20	2:05	1:02
Short Interval:	7:48	1:57	0:58

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:29
Tempo:	2:01
Long Interval:	1:51
Short Interval:	1:44

VO ₂ Max (Estimate)
35
[ml/kg/min]