

EMILY WELLS

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:	8/23/25	13:07.28	3 km: 7:02
2 mi CC PR:	10/22/24	13:48.20	2 mi: 6:54
5 km CC PR:	11/11/23	23:20.26	5 km: 7:30
800 m T&F PR:	4/26/25	2:48.98	800 m: 5:40
1600 m T&F PR:	3/28/25	6:13.05	1600 m: 6:15
3200 m T&F PR:	4/5/25	13:47.72	3200 m: 6:56

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 12:12	3 km CC Goal Pace: 6:32
2 mi CC Goal: 13:10	2 mi CC Goal Pace: 6:35
5 km CC Goal: 21:02	5 km CC Goal Pace: 6:46

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	9:03	2:15	1:07
Tempo:	7:17	1:49	0:54
Long Interval:	6:40	1:40	0:50
Short Interval:	6:08	1:32	0:46

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:00
Tempo:	1:37
Long Interval:	1:28
Short Interval:	1:21

VO ₂ Max (Estimate)
46
[ml/kg/min]