

TRACE BASS

2025 Cross Country - Goal Sheet – Rev. 0

<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:	8/12/24	13:32.40	2 mi: 6:46
5 km CC PR:	10/12/24	22:10.56	5 km: 7:08
800 m T&F PR:	--	--	800 m: --
1600 m T&F PR:	4/12/25	5:52.75	1600 m: 5:54
3200 m T&F PR:	4/26/25	13:21.80	3200 m: 6:43

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 12:00	3 km CC Goal Pace: 6:26
2 mi CC Goal: 13:00	2 mi CC Goal Pace: 6:30
5 km CC Goal: 21:30	5 km CC Goal Pace: 6:55

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	8:30	2:07	1:03
Tempo:	6:56	1:44	0:52
Long Interval:	6:20	1:35	0:47
Short Interval:	5:52	1:28	0:44

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 1:53
Tempo: 1:32
Long Interval: 1:24
Short Interval: 1:18

VO ₂ Max (Estimate)
49
[ml/kg/min]