

EMILY SMITH

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:	9/06/25	16:16.28	3 km: 8:08
2 mi CC PR:	8/11/25	17:32.90	2 mi: 8:46
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	4/26/25	3:32.03	800 m: 7:06
1600 m T&F PR:	--	--	1600 m: --
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 16:09	3 km CC Goal Pace: 8:39
2 mi CC Goal: 17:24	2 mi CC Goal Pace: 8:42
5 km CC Goal: 27:39	5 km CC Goal Pace: 8:53

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	11:38	2:54	1:27
Tempo:	9:33	2:23	1:11
Long Interval:	8:44	2:11	1:05
Short Interval:	8:08	2:02	1:01

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:35
Tempo:	2:07
Long Interval:	1:56
Short Interval:	1:48

VO ₂ Max (Estimate)
33
[ml/kg/min]