

ADAM NEAL

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:	9/7/24	13:59.43	3 km: 7:30
2 mi CC PR:	10/22/24	13:38.30	2 mi: 6:49
5 km CC PR:	10/12/24	22:07.41	5 km: 7:07
800 m T&F PR:	4/26/25	2:55.89	800 m: 5:53
1600 m T&F PR:	4/12/25	6:04.71	1600 m: 6:06
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 12:26	3 km CC Goal Pace: 6:40
2 mi CC Goal: 13:25	2 mi CC Goal Pace: 6:42
5 km CC Goal: 21:25	5 km CC Goal Pace: 6:53

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	9:23	2:20	1:10
Tempo:	7:33	1:53	0:56
Long Interval:	6:56	1:44	0:52
Short Interval:	6:24	1:36	0:48

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 2:05
Tempo: 1:40
Long Interval: 1:32
Short Interval: 1:25

VO ₂ Max (Estimate)
45
[ml/kg/min]