

EMILY WELLS

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:	8/24/24	13:13.53	3 km: 7:05
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: 12:45	3 km CC Goal Pace: 6:50
2 mi CC Goal: 13:45	2 mi CC Goal Pace: 6:52
5 km CC Goal: 22:35	5 km CC Goal Pace: 7:16

<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:	6:20	1:35	0:47
Short Interval:	5:40	1:25	0:42

<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: 1:24
Short Interval: 1:15

VO ₂ Max (Estimate)
46
[ml/kg/min]