

SOPHIA ROBERTS

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:	10/22/24	15:08.40	2 mi: 7:34
5 km CC PR:	10/26/24	25:14.15	5 km: 8:07
800 m T&F PR:	4/12/25	2:52.20	800 m: 5:46
1600 m T&F PR:	5/8/21	6:58.21	1600 m: 7:00
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 13:55	3 km CC Goal Pace: 7:27
2 mi CC Goal: 15:00	2 mi CC Goal Pace: 7:30
5 km CC Goal: 24:50	5 km CC Goal Pace: 7:59

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	9:55	2:28	1:14
Tempo:	8:02	2:00	1:00
Long Interval:	7:20	1:50	0:55
Short Interval:	6:48	1:42	0:51

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 2:12
Tempo: 1:47
Long Interval: 1:37
Short Interval: 1:30

VO ₂ Max (Estimate)
41
[ml/kg/min]