

NAOMI BASS

2025 Cross Country - Goal Sheet – Rev. 0.1

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	9/15/25	14:56.89	3 km: 8:01
2 mi CC PR:	9/14/24	15:40.70	2 mi: 7:50
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	2/24/24	3:36.50	800 m: 7:15
1600 m T&F PR:	4/6/24	7:30.73	1600 m: 7:33
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 14:21	3 km CC Goal Pace: 7:41
2 mi CC Goal: 15:29	2 mi CC Goal Pace: 7:44
5 km CC Goal: 24:39	5 km CC Goal Pace: 7:56

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	10:31	2:37	1:18
Tempo:	8:33	2:08	1:04
Long Interval:	7:44	1:56	0:58
Short Interval:	7:12	1:48	0:54

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:20
Tempo:	1:54
Long Interval:	1:43
Short Interval:	1:36

VO ₂ Max (Estimate)
38
[ml/kg/min]