

GABRIEL PADILLA

2025 Cross Country - Goal Sheet – Rev. 1.0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:			1 mi: --
3 km CC PR:	9/06/25	22:31.28	3 km: 12:04
2 mi CC PR:	8/30/25	24:56.07	2 mi: 12:28
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	--	--	800 m: --
1600 m T&F PR:	--	--	1600 m: --
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
1 mi CC Goal: 12:24	1 mi CC Goal Pace: 12:24
3 km CC Goal: 23:55	3 km CC Goal Pace: 12:49
2 mi CC Goal: 24:00	2 mi CC Goal Pace: 12:00

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	14:57	3:44	1:52
Tempo:	13:29	3:22	1:41
Long Interval:	12:52	3:13	1:36
Short Interval:	12:24	3:06	1:27

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	3:19
Tempo:	2:59
Long Interval:	2:51
Short Interval:	2:45

VO ₂ Max (Estimate)
21
[ml/kg/min]