

MAIA LILLEY

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:	--	--	3 km:	--
2 mi CC PR:	8/11/25	16:15.00	2 mi:	8:07
5 km CC PR:	10/21/23	22:55.32	5 km:	7:22
800 m T&F PR:	3/23/24	2:39.35	800 m:	5:20
1600 m T&F PR:	3/23/24	6:02.26	1600 m:	6:04
3200 m T&F PR:	--	--	3200 m:	--

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 11:45	3 km CC Goal Pace: 6:18
2 mi CC Goal: 12:41	2 mi CC Goal Pace: 6:20
5 km CC Goal: 20:18	5 km CC Goal Pace: 6:32

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	8:44	2:11	1:05
Tempo:	7:02	1:45	0:52
Long Interval:	6:24	1:36	0:48
Short Interval:	5:56	1:29	0:44

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	1:56
Tempo:	1:33
Long Interval:	1:25
Short Interval:	1:19

VO ₂ Max (Estimate)
48
[ml/kg/min]