

KAYLEAH LILLEY

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	15:28.47	3 km: 8:18
2 mi CC PR:	9/14/24	15:41.60	2 mi: 7:50
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	4/12/25	3:05.05	800 m: 6:12
1600 m T&F PR:	4/2/24	6:45.10	1600 m: 6:47
3200 m T&F PR:	4/26/25	14:43.84	3200 m: 7:24

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 13:40	3 km CC Goal Pace: 7:19
2 mi CC Goal: 14:45	2 mi CC Goal Pace: 7:22
5 km CC Goal: 23:50	5 km CC Goal Pace: 7:40

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	9:32	2:23	1:11
Tempo:	7:42	1:55	0:57
Long Interval:	7:04	1:46	0:53
Short Interval:	6:32	1:38	0:49

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:07
Tempo:	1:42
Long Interval:	1:34
Short Interval:	1:27

VO ₂ Max (Estimate)
43
[ml/kg/min]