

ALLIE ADAMS

2025 Cross Country - Goal Sheet – Rev. 3.1

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	9/11/25	8:44.10	1 mi: 8:44
3 km CC PR:	9/15/25	18:21.06	3 km: 9:50
2 mi CC PR:	8/11/25	22:59.00	2 mi: 11:29
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	04/26/25	3:46.51	800 m: 7:35
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: 10:19	1 mi CC Goal Pace: 10:19
3 km CC Goal: 18:15	3 km CC Goal Pace: 9:47
2 mi CC Goal: 20:00	2 mi CC Goal Pace: 10:00

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	12:19	3:04	1:32
Tempo:	10:02	2:30	1:15
Long Interval:	9:12	2:18	1:09
Short Interval:	8:40	2:10	1:05

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	2:44
Tempo:	2:13
Long Interval:	2:02
Short Interval:	1:55

VO ₂ Max (Estimate)
31
[ml/kg/min]