

ZANDER CONTRERAS

2025 Cross Country - Goal Sheet – Rev. 0.0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	8/30/25	13:47.86	1 mi: 13:47
3 km CC PR:	--	--	3 km: --
2 mi CC PR:	--	--	2 mi: --
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: 24:00	3 km CC Goal Pace: 12:52
2 mi CC Goal: 25:55	2 mi CC Goal Pace: 12:57

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	15:26	3:51	1:55
Tempo:	13:58	3:29	1:44
Long Interval:	13:24	3:21	1:40
Short Interval:	12:56	3:14	1:27

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	3:25
Tempo:	3:06
Long Interval:	2:58
Short Interval:	2:52

VO ₂ Max (Estimate)
20
[ml/kg/min]