

LILY BASS

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	15:59.15	3 km: 8:34
2 mi CC PR:	10/22/24	16:13.20	2 mi: 8:06
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:	3/1/25	16:50.36	3200 m: 8:28

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 15:00	3 km CC Goal Pace: 8:02
2 mi CC Goal: 16:10	2 mi CC Goal Pace: 8:05
5 km CC Goal: 26:00	5 km CC Goal Pace: 8:22

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	10:44	2:41	1:20
Tempo:	8:44	2:11	1:05
Long Interval:	7:56	1:59	0:59
Short Interval:	7:24	1:51	0:55

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 2:23
Tempo: 1:56
Long Interval: 1:45
Short Interval: 1:38

VO ₂ Max (Estimate)
37
[ml/kg/min]