

GABRIEL PADILLA

2025 Cross Country - Goal Sheet – Rev. 2.0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:			1 mi: --
3 km CC PR:	9/06/25	22:31.28	3 km: 12:04
2 mi CC PR:	10/11/25	23:26.00	2 mi: 11:43
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: 11:06	1 mi CC Goal Pace: 11:06
3 km CC Goal: 21:36	3 km CC Goal Pace: 11:35
2 mi CC Goal: 23:12	2 mi CC Goal Pace: 11:36

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	15:29	3:52	1:56
Tempo:	13:02	3:15	1:37
Long Interval:	12:24	3:06	1:33
Short Interval:	12:00	3:00	1:27

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 3:26
Tempo: 2:53
Long Interval: 2:45
Short Interval: 2:40

VO₂Max (Estimate)
22
[ml/kg/min]