

SARAH NEAL

2025 Cross Country - Goal Sheet – Rev. 0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	10/26/24	8:55.80	1 mi: 8:55
3 km CC PR:	8/24/24	30:03.87	3 km: 16:07
2 mi CC PR:	9/23/23	27:34.77	2 mi: 13:47
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	4/12/25	3:43.90	800 m: 7:30
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: 8:50	1 mi CC Goal Pace: 8:50
3 km CC Goal: 30:00	3 km CC Goal Pace: 16:05
2 mi CC Goal: 27:30	2 mi CC Goal Pace: 13:45

<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:	8:36	2:09	1:04

<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: 1:54

VO ₂ Max (Estimate)
31
[ml/kg/min]