

BELLA CRAFT

2025 Cross Country - Goal Sheet – Rev. 2.1

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	10/06/25	15:09.10	3 km: 8:07
2 mi CC PR:	8/11/25	17:30.30	2 mi: 8:45
5 km CC PR:	10/11/25	26:18.00	5 km: 8:27
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>
3 km CC Goal: 15:01	3 km CC Goal Pace: 8:03
2 mi CC Goal: 16:11	2 mi CC Goal Pace: 8:05
5 km CC Goal: 25:46	5 km CC Goal Pace: 8:17

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	10:19	2:34	1:17
Tempo:	8:22	2:05	1:02
Long Interval:	7:36	1:54	0:57
Short Interval:	7:04	1:46	0:53

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 2:17
Tempo: 1:51
Long Interval: 1:41
Short Interval: 1:34

VO ₂ Max (Estimate)
36
[ml/kg/min]