

BRYSON HANNA

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:	--	--	3 km: --
2 mi CC PR:	10/22/24	11:03.90	2 mi: 5:31
5 km CC PR:	10/26/24	18:25.70	5 km: 5:55
800 m T&F PR:	4/26/25	2:12.21	800 m: 4:26
1600 m T&F PR:	4/12/25	4:58.61	1600 m: 5:00
3200 m T&F PR:	4/2/25	12:27.85	3200 m: 6:16

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 9:50	3 km CC Goal Pace: 5:16
2 mi CC Goal: 10:37	2 mi CC Goal Pace: 5:18
5 km CC Goal: 17:03	5 km CC Goal Pace: 5:29

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	7:23	1:50	0:55
Tempo:	5:59	1:29	0:44
Long Interval:	5:28	1:22	0:41
Short Interval:	5:08	1:17	0:38

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 1:38
Tempo: 1:19
Long Interval: 1:12
Short Interval: 1:08

VO ₂ Max (Estimate)
59
[ml/kg/min]