

LEAH MORALES

2025 Cross Country - Goal Sheet – Rev. 0.1

<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:	8/11/25	23:38.80	2 mi: 11:49
5 km CC PR:	8/23/25	41:36.10	5 km: 13:23
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: 21:00	3 km CC Goal Pace: 11:15
2 mi CC Goal: 22:40	2 mi CC Goal Pace: 11:20
5 km CC Goal: 36:00	5 km CC Goal Pace: 11:35

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	13:36	3:24	1:42
Tempo:	12:13	3:03	1:31
Long Interval:	11:40	2:55	1:27
Short Interval:	11:12	2:48	1:24

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 3:01
Tempo: 2:42
Long Interval: 2:35
Short Interval: 2:29

VO ₂ Max (Estimate)
24
[ml/kg/min]