

CARTER ADAMS

2025 Cross Country - Goal Sheet – Rev. 0.4

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	--	--	1 mi: --
3 km CC PR:	9/06/25	14:54.16	3 km: 7:27
2 mi CC PR:	9/11/25	16:04.63	2 mi: 8:02
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	5/6/23	3:34.39	800 m: 7:11
1600 m T&F PR:	4/12/25	7:09.99	1600 m: 7:12
3200 m T&F PR:	3/1/25	17:06.89	3200 m: 8:36

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
3 km CC Goal: 14:03	3 km CC Goal Pace: 7:32
2 mi CC Goal: 15:08	2 mi CC Goal Pace: 7:34
5 km CC Goal: 24:08	5 km CC Goal Pace: 7:46

<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)
39
[ml/kg/min]