

BELLA CRAFT

2025 Cross Country - Goal Sheet – Rev. 1.1

<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	17:30.30	2 mi: 8:45
5 km CC PR:	8/23/25	26:37.13	5 km: 8:34
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: 15:23	3 km CC Goal Pace: 8:15
2 mi CC Goal: 16:34	2 mi CC Goal Pace: 8:17
5 km CC Goal: 26:22	5 km CC Goal Pace: 8:29

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	11:13	2:48	1:24
Tempo:	9:07	2:16	1:08
Long Interval:	8:20	2:05	1:02
Short Interval:	7:48	1:57	0:58

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 2:29
Tempo: 2:01
Long Interval: 1:51
Short Interval: 1:44

VO ₂ Max (Estimate)
35
[ml/kg/min]