

Find Your Happy Pace

| <u>Goal XC Time</u> | <u>Recovery Runs</u> | <u>Easy Runs</u> | <u>Long Runs</u> |
|----------------------|----------------------|------------------|------------------|
| 15:30 (4:59min/mile) | 7:03-7:46 | 6:05-6:58 | 6:10-7:17 |
| 16:00 (5:09min/mile) | 7:13-7:58 | 6:15-7:09 | 6:20-7:26 |
| 16:30 (5:19min/mile) | 7:24-8:07 | 6:25-7:18 | 6:28-7:36 |
| 17:00 (5:28min/mile) | 7:34-8:18 | 6:32-7:29 | 6:38-7:46 |
| 17:30 (5:38min/mile) | 7:45-8:27 | 6:42-7:39 | 6:48-7:57 |
| 18:00 (5:48min/mile) | 7:55-8:38 | 6:51-7:51 | 6:57-8:07 |
| 18:30 (5:57min/mile) | 8:06-8:48 | 7:01-8:01 | 7:07-8:18 |
| 19:00 (6:07min/mile) | 8:15-8:58 | 7:11-8:10 | 7:16-8:28 |
| 19:30 (6:17min/mile) | 8:26-9:08 | 7:21-8:20 | 7:24-8:40 |
| 20:00 (6:26min/mile) | 8:36-9:17 | 7:31-8:31 | 7:34-8:50 |
| 20:30 (6:36min/mile) | 8:47-9:26 | 7:41-8:40 | 7:44-9:00 |
| 21:00 (6:46min/mile) | 8:56-9:38 | 7:51-8:51 | 7:54-9:11 |
| 21:30 (6:55min/mile) | 9:07-9:48 | 8:01-9:01 | 8:04-9:21 |
| 22:00 (7:05min/mile) | 9:16-9:58 | 8:09-9:10 | 8:15-9:32 |
| 22:30 (7:15min/mile) | 9:27-10:09 | 8:19-9:20 | 8:25-9:41 |
| 23:00 (7:24min/mile) | 9:37-10:20 | 8:29-9:30 | 8:34-9:52 |
| 23:30 (7:34min/mile) | 9:47-10:30 | 8:40-9:40 | 8:42-10:00 |
| 24:00 (7:43min/mile) | 9:57-10:42 | 8:51-9:50 | 8:52-10:11 |
| 24:30 (7:53min/mile) | 10:07-10:51 | 9:01-10:00 | 9:03-10:21 |
| 25:00 (8:03min/mile) | 10:15-11:02 | 9:11-10:10 | 9:13-10:32 |