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| **Name Class**  **Questions** | **Answer** |
| 1. What pace should you start at when   training for the mile? |  |
| 1. What size is the track at Crownpoint? |  |
| 1. How long should 1 mile of quick walking   take? |  |
| 1. In what weather conditions should you   avoid running? |  |
| 1. In miles what length is a lap of the track? |  |
| 1. Which two laps should you master   jogging before you jog the full mile? |  |
| 1. So far what is your best mile time? |  |
| 1. Read points 6-9 then write down   how **you** could best improve **your time**?   1. What are you doing to exercise at home just now? |  |