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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?
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| 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?
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| 1. Which two laps should you master

jogging before you jog the full mile? |  |
| 1. So far what is your best mile time?
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| 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?
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