

Physical Education – Mile Run Log

Do a different exercise each day to practice.	Go for a walk	Ride your bike	Rollerblade	Jog
Day	# of minutes	# of minutes	# of minutes	# of minutes
Monday (Choose One)				
Tuesday (Choose One)				
Wednesday (Choose One)				
Thursday (Choose One)				
Friday Test Day	How fast can you run a mile?	Number of Minutes:		

One-Mile Run

- This test measures aerobic capacity. Run the distance as fast as possible.
- Start when timer says to begin
- Don't run too fast at first so that you can run a steady pace for the entire test.
- Walking is permitted.
- Your partner should write down the timer when you complete the mile distance. Record your weight and height.

More information at www.humankinetics.com or www.fitnessgram.net.