

What was your score on the pacer test?

 Beginning \_\_\_\_\_\_\_\_\_\_\_

 Now \_\_\_\_\_\_\_\_\_\_\_

 Goal for the future \_\_\_\_\_\_\_\_\_

Using the chart below, explain how will you overload to achieve this? (FITT)

Think about how the pacer is completed. Run faster as you run longer.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CARDIO | FREQUENCY | INTENSITY | TIME | TYPE |
|  |  |  |  |

**Coopers Test – 12 minute run - Male Athletes**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Age | Excellent | Above Average | Average | Below Average | Poor |
| 13-14 | >2700m | 2400-2700m | 2200-2399m | 2100-2199m | <2100m |
| 15-16 | >2800m | 2500-2800m | 2300-2499m | 2200-2299m | <2200m |
| 17-19 | >3000m | 2700-3000m | 2500-2699m | 2300-2499m | <2300m |
| 20-29 | >2800m | 2400-2800m | 2200-2399m | 1600-2199m | <1600m |
| 30-39 | >2700m | 2300-2700m | 1900-2299m | 1500-1999m | <1500m |
| 40-49 | >2500m | 2100-2500m | 1700-2099m | 1400-1699m | <1400m |
| >50 | >2400m | 2000-2400m | 1600-1999m | 1300-1599m | <1300m |

**Female Athletes**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Age | Excellent | Above Average | Average | Below Average | Poor |
| 13-14 | >2000m | 1900-2000m | 1600-1899m | 1500-1599m | <1500m |
| 15-16 | >2100m | 2000-2100m | 1700-1999m | 1600-1699m | <1600m |
| 17-20 | >2300m | 2100-2300m | 1800-2099m | 1700-1799m | <1700m |
| 20-29 | >2700m | 2200-2700m | 1800-2199m | 1500-1799m | <1500m |
| 30-39 | >2500m | 2000-2500m | 1700-1999m | 1400-1699m | <1400m |
| 40-49 | >2300m | 1900-2300m | 1500-1899m | 1200-1499m | <1200m |
| >50 | >2200m | 1700-2200m | 1400-1699m | 1100-1399m | <1100m |

What was your score on the Cooper’s Test (12 minute run)? **To calculate**: 1 lap is 400 meters. How many meters did you run in 12 min.?

Using the chart below, explain how you will overload. Think about how the Cooper’s Test is different than the Pacer Test

 Beginning \_\_\_\_\_\_\_\_\_\_\_

 Now \_\_\_\_\_\_\_\_\_\_\_

 Goal for the future \_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CARDIO | FREQUENCY | INTENSITY | TIME | TYPE |
|  |  |  |  |



Mile Time \_\_\_\_\_\_\_\_\_\_\_\_

VO2 Max \_\_\_\_\_\_\_\_\_\_\_\_

Mile Time Goal \_\_\_\_\_\_\_\_\_\_\_\_\_

VO2 Max Goal \_\_\_\_\_\_\_\_\_\_\_\_

You will have to run \_\_\_\_\_\_\_\_\_\_\_\_ to improve your VO2 Max. How can you train to achieve your goal?

|  |  |
| --- | --- |
| Frequency |  |
| Intensity |  |
| Time |  |
| Type |  |