Run Graphs Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Enter the **date** of the run, **time,** and **heart rate** in the boxes below the graph.

2. Make a mark on the line directly above the box that best represents your score.

3. Connect the marks with a line.

Mile Graph

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 12:00 |  |  |  |  |  |  |  |  |  |
| 11:30 |  |  |  |  |  |  |  |  |  |
| Bas: 11:00 |  |  |  |  |  |  |  |  |  |
| 10:45 |  |  |  |  |  |  |  |  |  |
| 10:30 |  |  |  |  |  |  |  |  |  |
| 10:15 |  |  |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |  |  |
| 9:45 |  |  |  |  |  |  |  |  |  |
| 9:30 |  |  |  |  |  |  |  |  |  |
| 9:15 |  |  |  |  |  |  |  |  |  |
| Prof: 9:00 |  |  |  |  |  |  |  |  |  |
| 8:45 |  |  |  |  |  |  |  |  |  |
| 8:30 |  |  |  |  |  |  |  |  |  |
| 8:15 |  |  |  |  |  |  |  |  |  |
| 8:00 |  |  |  |  |  |  |  |  |  |
| 7:45 |  |  |  |  |  |  |  |  |  |
| Adv: 7:30 |  |  |  |  |  |  |  |  |  |
| 7:15 |  |  |  |  |  |  |  |  |  |
| 7:00 |  |  |  |  |  |  |  |  |  |
| 6:45 |  |  |  |  |  |  |  |  |  |
| 6:30 |  |  |  |  |  |  |  |  |  |
| 6:15 |  |  |  |  |  |  |  |  |  |
| 6:00 |  |  |  |  |  |  |  |  |  |
| 5:45 |  |  |  |  |  |  |  |  |  |
| **Time** |  |  |  |  |  |  |  |  |  |
| ♡ **Rate** |  |  |  |  |  |  |  |  |  |
| **Walk?** |  |  |  |  |  |  |  |  |  |
| **Date** |  |  |  |  |  |  |  |  |  |

½ Mile Graph

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 7:00 |  |  |  |  |  |  |  |  |  |
| 6:45 |  |  |  |  |  |  |  |  |  |
| 6:30 |  |  |  |  |  |  |  |  |  |
| 6:15 |  |  |  |  |  |  |  |  |  |
| 6:00 |  |  |  |  |  |  |  |  |  |
| 5:45 |  |  |  |  |  |  |  |  |  |
| Bas: 5:30 |  |  |  |  |  |  |  |  |  |
| 5:15 |  |  |  |  |  |  |  |  |  |
| 5:00 |  |  |  |  |  |  |  |  |  |
| 4:45 |  |  |  |  |  |  |  |  |  |
| 4:30 |  |  |  |  |  |  |  |  |  |
| Prof: 4:15 |  |  |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |  |  |
| 3:45 |  |  |  |  |  |  |  |  |  |
| Adv: 3:30 |  |  |  |  |  |  |  |  |  |
| 3:15 |  |  |  |  |  |  |  |  |  |
| 3:00 |  |  |  |  |  |  |  |  |  |
| 2:45 |  |  |  |  |  |  |  |  |  |
| **Time** |  |  |  |  |  |  |  |  |  |
| ♡ **Rate** |  |  |  |  |  |  |  |  |  |
| **Walk?** |  |  |  |  |  |  |  |  |  |
| **Date** |  |  |  |  |  |  |  |  |  |

PACER GRAPH

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 90 |  |  |  |  |  |  |  |  |  |
| 85 |  |  |  |  |  |  |  |  |  |
| 80 |  |  |  |  |  |  |  |  |  |
| 75 |  |  |  |  |  |  |  |  |  |
| 70 |  |  |  |  |  |  |  |  |  |
| 65 |  |  |  |  |  |  |  |  |  |
| 60 |  |  |  |  |  |  |  |  |  |
| 55 |  |  |  |  |  |  |  |  |  |
| Adv (52) 50 |  |  |  |  |  |  |  |  |  |
| 45 |  |  |  |  |  |  |  |  |  |
| 40 |  |  |  |  |  |  |  |  |  |
| 35 |  |  |  |  |  |  |  |  |  |
| Pro (33) 30 |  |  |  |  |  |  |  |  |  |
| 25 |  |  |  |  |  |  |  |  |  |
| 20 |  |  |  |  |  |  |  |  |  |
| Bas(16) 15 |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |
| **Score** |  |  |  |  |  |  |  |  |  |
| ♡ **Rate** |  |  |  |  |  |  |  |  |  |
| **Walk?** |  |  |  |  |  |  |  |  |  |
| **Date** |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **½ Mile** | **1 Mile** | **PACER** |
| Advanced | A+ | 3:30 - Faster | 7:30 - Faster | 52 - 94 |
| **Proficient** | **A-** | **3:31 – 4:15** | **7:31 – 8:59** | **33-51** |
| Basic | C- | 4:16 – 5:30 | 9:00 – 10:59 | 16 - 32 |
| Below Basic | D- | 5:31 – Slower | 11:00 – Slower | 1-15 |
| Far Below Basic | F ½ Credit | Walked | Walked | Walked |

Run Rubrics

Target Heart Rate Zone

**Maximum HR** 220 - \_\_\_\_\_\_\_\_\_\_\_(Age) = **\_\_\_\_\_\_\_\_\_\_\_**

**Target Heart Rate Zone** (65 – 85% of **Max HR**) = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ --- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**