

PACER (15- OR 20-METER DISTANCE)

- This test measures aerobic capacity. The pacing starts slowly and then gradually gets faster.
- Start running when the CD begins playing. Run back and forth between the lines. Stay in your lane.
- Single beep means end of lap; turn around and run back to the other line.
- Triple beep means that the test will speed up; turn around and run back to the other line.
- Your foot must touch the end line by the time the beep sounds for each lap.
- On your first miss, turn around where you are and run to the other line; try to get back on pace.
- On your second miss, move to side and cool down by walking. This is the end of the test.
- Your partner should note the lap number and record the score. Record your height and weight.



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 time when you complete the mile distance. Record your height and weight.



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