

Fitness Test: Survival Run

Expectations:

- 240 yard run in 1 minute around the track.
- Jog back to the start. We will begin again once all are back.
- You must make 7

How can you pass on the first try?

- Run over Thanksgiving and winter break!
 - Ideas for fitness:
 - Run 10 120s as a repeat.
 - Sprint down in 20 seconds, jog back in 40
 - Start every minute
 - Sprint the straight away and jog the curve for 2 miles
 - Go for a 30 minute run where you run at 80% for a minute then jog for a minute.
 - Run the actual test to see how it feels! 240 yards is to the end of a football field and back.
 - Avoid too many long and slow runs. These build endurance but not speed.
 - Run with a group of friends to make it fun!
 - Come to the test with **confidence**.

*Failure to pass the fitness test will result in a re-test until you pass the test. You may not dress out on the varsity team until the test is passed.