

# I.5-MILE (2.4 KM) RUN TO DETERMINE METS AND PACE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## ***Instructions***

1. Warm up with an easy jog for 10 minutes.
2. Check to see that your heart rate monitor is working properly.
3. Clear your heart rate monitor.
4. Press start on your heart rate monitor.
5. Begin the 1.5-mile (2.4 km) run. Run at the fastest pace you can sustain for the distance.
6. Record the time it takes you to complete the run and your average heart rate.
7. Continue to run for 15 minutes at a reduced heart rate (75 percent of MHR).
8. Cool down and refer to the METs and pace charts at the end of this worksheet.
9. Record your MET score and your pace for the run.
10. Complete the Post-Run Analysis table.

## ***Questions***

What was your average heart rate? \_\_\_\_\_ bpm

What was your MET score? \_\_\_\_\_

What was your 1.5-mile (2.4 km) pace? \_\_\_\_\_

## ***Comment***

Maintaining aerobic fitness is an important goal in all competitive sports. After several weeks of training, we will repeat this assessment to see whether the workouts are increasing your aerobic capacity. If not, you can adjust your workouts to better match your fitness level.

## Post-Run Analysis: 1.5-Mile (2.4 km) Run for Time and Average Heart Rate

Name of player: \_\_\_\_\_ Event date: \_\_\_\_\_

Name of record keeper: \_\_\_\_\_ Event description: 1.5-mile (2.4 km) run

Player's sport-specific aerobic threshold: \_\_\_\_\_ bpm

Player's sport-specific anaerobic threshold: \_\_\_\_\_ bpm

Player's MHR: \_\_\_\_\_ bpm

1.5-mile (2.4 km) time (min:sec)	Heart rate range (bpm)*	Average heart rate (bpm)	NUMBER OF MINUTES IN EACH ZONE				
			Z1	Z2	Z3	Z4	Z5
Total run minutes:		Average heart rate: bpm	MINUTES				
			Z1	Z2	Z3	Z4	Z5

\*Heart rate range is the highest and lowest heart rate numbers recorded during the time period.

**1.5-MILE METS CHART**

Time (min)	Pace (min/mile)	Score (METs)
7:05	4:43	20
7:20	4:53	19.5
7:35	5:03	19
7:55	5:17	18.5
8:05	5:22	18
8:20	5:33	17.5
8:35	5:43	17
8:55	5:56	16.5
9:10	6:06	16
9:31	6:20	15.5
9:50	6:33	15
10:16	6:50	14.5
10:35	7:10	14
11:01	7:20	13.5
11:31	7:40	13
12:01	8:00	12.5
12:35	8:23	12
13:10	8:46	11.5
13:50	9:13	11
14:31	9:40	10.5
15:20	10:13	10
16:10	10:46	9.5
17:16	11:30	9
18:25	12:16	8.5
19:40	13:06	8
21:16	14:10	7.5
23:00	15:20	7
25:00	16:40	6.5
30:00	20:00	6
32:00	21:20	5.5
34:00	22:40	5
36:00	24:00	4.5
38:00	24:40	4

**1.5-MILE PACE CHART**

Time (min)	Pace (min/mile)
12:01	8:00
12:35	8:23
13:10	8:46
13:50	9:13
14:31	9:40
15:20	10:13
16:10	10:46
17:16	11:30
18:25	12:16
19:40	13:06
21:16	14:10
23:00	15:20
25:00	16:40
30:00	20:00
32:00	21:20
34:00	22:40
36:00	24:00
38:00	24:40