

## ENDURANCE RUN/WALK

This event measures heart/lung endurance

## ENDURANCE RUN/WALK TESTING

On a safe, one- mile distance, students begin running on the count “Ready? Go!” Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

## ENDURANCE RUN/WALK TIP

- Use a large enough running area so that no more than eight laps are necessary to complete a mile
- Help participants learn proper pacing for the mile by having them run at the mile pace for short distance during warm-up time
- If you are not using a track that is measured in miles, then you will need to convert from that measurement into miles.

## ENDURANCE RUN/WALK SCORING

- Always review students’ health status before administering this test.
- Give students ample instructions on how to pace themselves
- Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test
- Times are recorded in minutes and seconds