

## National Games Committee



To: Assistant Coaches  
From: Head Coach  
Re: Ingrid's Cross Country Practice

Below is the data we collected on Ingrid's last run. Please check it out as follows:

1. Graph her heart rate against time throughout the run. At what points was her heart rate highest? Lowest?
2. Graph her speed versus time. When was she traveling faster? When was she traveling more slowly?
3. When going uphill, you would expect her speed to decrease while heart rate increases. Can you spot where she might have been going uphill?  
Can you find where she was going downhill?
4. Was there anyplace on the run where it looks like she took it easy?
5. Do you think you could try sketching the slope of the terrain throughout this run, based on this data? (I want to make sure that she really followed the route we planned for her.)

Please get this back to me right away, so I can plan her next run.

Bjorn

Time (minute)	Total number of heart beats	Distance covered (in kilometers)	Time (minute)	Total number of heart beats	Distance covered (in kilometers)
2	149	0.43	16	1220	3.02
4	309	0.87	18	1358	3.43
6	459	1.3	20	1489	3.88
8	620	1.72	22	1643	4.19
10	792	2.08	24	1814	4.46
12	955	2.48	26	1955	4.82
14	1088	2.84	28	2091	5.17
			30	2225	5.44

