## $\mathcal{N a t i o n a l}$ Games Committee

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

$\mathcal{B e l o w}$ is the data we collected on Ingrid's last run. Ple ase check it out as follows:

1. Graph her heart rate against time throughout the run. At what points was her heart rate fighest? Lowest?
2. Graph her speed versus time. When was she traveling faster? When was she traveling more slowly?
3. Whengoing uphill, you would expect fer speed to decrease while fieart rate increases. Can you spot where she might have been going uphill?

Can you find where she was going downhill?
4. Was the re anyplace on the run where it looks like she took it easy?
5. Do you thinkyou could try sketching the slope of the terrain throughout this run, Gased on this data? (I want to make sure that she really followed the route we planned for her.)

Ple ase get this 6ack to me right away, so I can planker next run.

Bjorn

| $\begin{aligned} & \text { Time } \\ & \text { (minute) } \end{aligned}$ | Total number <br> of heart <br> beats | Distance covered (in Kilometers) | $\begin{aligned} & \text { Time } \\ & \text { (minute) } \end{aligned}$ | Total number <br> of heart <br> 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 |



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