

P.A.C.E.R. INSTRUCTIONS

(Progressive Aerobic Cardiovascular Endurance Run)

- 1. Students line up on one end line. Listen to the tape and begin on the command START.
- 2. Run across the area and touch the opposite end line BY THE TIME THE BEEP SOUNDS on the tape.
- 3. At the sound of the beep, run back across the area to the other end line.
- 4. If you get to a line before the beep, WAIT for the beep before running the other direction.
- 5. Continue until you are tired or you can no longer reach the line by the time the beep sounds on the tape. ON YOUR <u>SECOND CORRECTION</u>, YOUR TEST IS OVER.
- 6. RECORD YOUR SCORE on your fitness record.
- 7. Remember to WALK and COOL-DOWN after running the PACER!

