Name: Date:

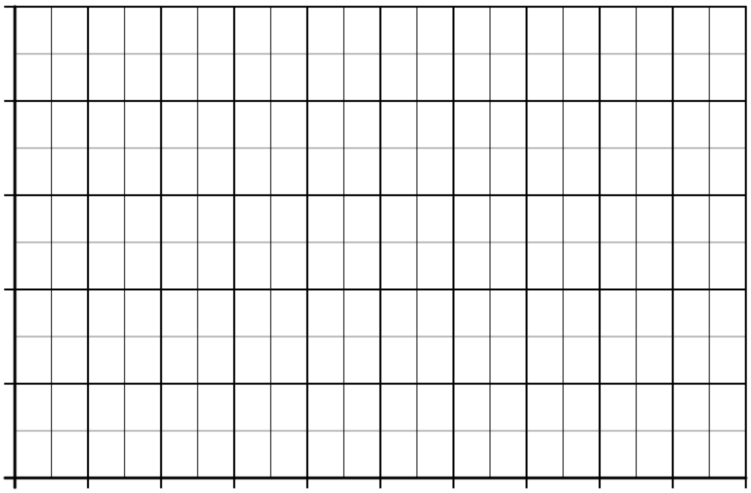
Treadmill Pace Lab

Purpose:

Part 1: Pace and Speed

Constant Distance = _____ Constant Mass = _____

Speed (mph)					
Time (min:sec)					
Pace (min/mile)					



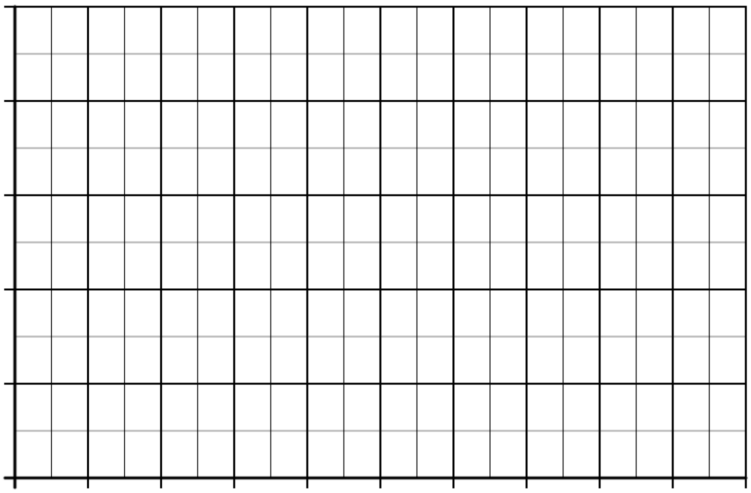
Equation:

Part 2: Calories and Speed

Constant Time = _____ Constant Mass = _____

Speed (mph)					
Energy (Calories)					

Name: Date:

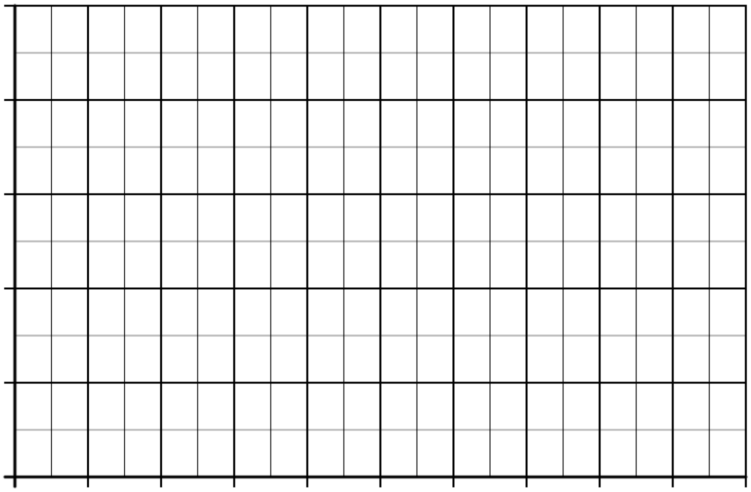


Equation:

Part 3: Calories and Mass

Constant Time = _____ Constant Speed = _____

Mass (kg)					
Energy (Calories)					



Equation: