

Going the Distance Tasks

Task 1: Rest stop distances in a marathon

A half marathon is about 21 km. There are rest stops at 5%, 15% and 50% marks through the race. What distance would you be able to find each rest stop? Did you figure out the distances in a specific order? Why? How did it help you?

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Task 2: Markers for personal goals

We often have various personal goals and markers of personal achievement; running distances, weight training, distances travelled, etc. Choose one of your personal goals and mark the 1%, 5%, 10%, 15%, 25% and 50% point towards your goal.