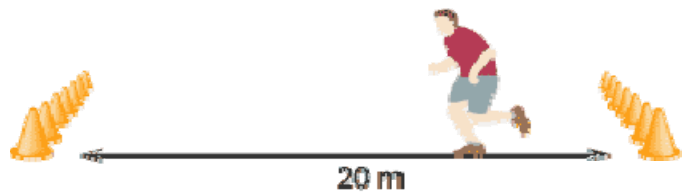


# PACER RUN



Is a progressive cardiovascular run that measures aerobic capacity. Utilizing cones or painted lines, mark off 21 yards and 32 inches (20 meters). The provided music has the pacer cadence that increases in intensity as you run. The program will tell you when to begin, from that point you must run to the 20 meter line prior to the next beep. When you here the next beep you will progress back to the start. If you reach the line prior to the beep you must wait until you hear the beep to progress back to the next line. Continue running back and forth remembering the intensity will progressively increase. The activity is complete as soon as you do not reach the intended line before the beep sounds. Every 20 meters run will count as 1 lap. Keep track of your laps and record your final lap count (see attached form) so that you can manage your improvements. Your score should fall within or higher than the range listed for your given sport. If this is true then aerobically and anaerobically you will be prepared to compete in your sport.

## **VO<sub>2</sub>max Standards**

- **Below Listed Numbers = Below Average**
- **Above Listed Numbers = Above Average**

### **Fall Sports**

#### **Soccer**

Male: 115 to 130 laps

Female: 80 to 90 laps

#### **Field Hockey**

Female: 80 to 90 laps

#### **Volleyball**

Female: 75 to 85 laps

#### **Cross Country**

Male: 125 to 140 laps

Female: 120 to 130 laps

#### **Football**

OL/NT: 30 to 40 laps

LB,SB,SL,DE: 40 to 50 laps

WR,DB,QB,K: 55 to 65 laps

### **Winter Sports**

#### **Basketball**

Male: 80 to 90 laps

Female: 75 to 85 laps

#### **Swimming**

Male: 55 to 60 laps

Female: 50 to 60 laps

### **Spring Sports**

#### **Baseball**

Male: 75 to 85 laps

#### **Softball**

Female: 60 to 70 laps

#### **Lacrosse**

Male: 115 to 130 laps

Female: 80 to 90 laps

#### **Track**

Male: 70 to 80 laps

Female: 70 to 80 laps

#### **Field**

Male: 55 to 65 laps

Female: 50 to 60 laps

#### **Tennis**

Male: 75 to 85 laps

Female: 70 to 80 laps

# The Pacer Score Sheet

Name \_\_\_\_\_

Laps (20meters or 21yards and 32 inches)

Level

1	1	2	3	4	5	6	7									
2	8	9	10	11	12	13	14	15								
3	16	17	18	19	20	21	22	23								
4	24	25	26	27	28	29	30	31	32							
5	33	34	35	36	37	38	39	40	41							
6	42	43	44	45	46	47	48	49	50	51						
7	52	53	54	55	56	57	58	59	60	61						
8	62	63	64	65	66	67	68	69	70	71	72					
9	73	74	75	76	77	78	79	80	81	82	83					
10	84	85	86	87	88	89	90	91	92	93	94					
11	95	96	97	98	99	100	101	102	103	104	105	106				
12	107	108	109	110	111	112	113	114	115	116	117	118				
13	119	120	121	122	123	124	125	126	127	128	129	130	131			
14	132	133	134	135	136	137	138	139	140	141	142	143	144			
15	145	146	147	148	149	150	151	152	153	154	155	156	157			
16	158	159	160	161	162	163	164	165	166	167	168	169	170	171		
17	172	173	174	175	176	177	178	179	180	181	182	183	184	185		
18	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	
19	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	
20	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231
21	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247

When recording your laps, first record the level you attained. Next count how many shuttles at that level were completed and record (Ex. 101 Laps Completed = Level 11 Shuttle 7). This will be needed when using the VO2max converter.

Date \_\_\_\_\_ Level Complete \_\_\_\_\_ Shuttle Completed \_\_\_\_\_ VO2max \_\_\_\_\_

Date \_\_\_\_\_ Level Complete \_\_\_\_\_ Shuttle Completed \_\_\_\_\_ VO2max \_\_\_\_\_

Date \_\_\_\_\_ Level Complete \_\_\_\_\_ Shuttle Completed \_\_\_\_\_ VO2max \_\_\_\_\_

# VO<sub>2</sub>max Conversion

<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>	<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>
4	2	26.8	5	2	30.2
4	4	27.6	5	4	31.0
4	6	28.3	5	6	31.8
4	9	29.5	5	9	32.9
<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>	<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>
6	2	33.6	7	2	37.1
6	4	34.3	7	4	37.8
6	6	35.0	7	6	38.5
6	8	35.7	7	8	39.2
6	10	36.4	7	10	39.9
<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>	<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>
8	2	40.5	9	2	43.9
8	4	41.1	9	4	44.5
8	6	41.8	9	6	45.2
8	8	42.4	9	8	45.8
8	11	43.3	9	11	46.8
<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>	<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>
10	2	47.4	11	2	50.8
10	4	48.0	11	4	51.4
10	6	48.7	11	6	51.9
10	8	49.3	11	8	52.5
10	11	50.2	11	10	53.1
<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>	<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>
12	2	54.3	13	2	57.6
12	4	54.8	13	4	58.2
12	6	55.4	13	6	58.7
12	8	56.0	13	8	59.3
12	10	56.5	13	10	59.8
12	12	57.1	13	13	60.6

<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>	<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>
14	2	61.1	15	2	64.6
14	4	61.7	15	4	65.1
14	6	62.2	15	6	65.6
14	8	62.7	15	8	66.2
14	10	63.2	15	10	66.7
14	13	64.0	15	13	67.5

<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>	<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>
16	2	68.0	17	2	71.4
16	4	68.5	17	4	71.9
16	6	69.0	17	6	72.4
16	8	69.5	17	8	72.9
16	10	69.9	17	10	73.4
16	12	70.5	17	12	73.9
16	14	70.9	17	14	74.4

<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>	<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>
18	2	74.8	19	2	78.3
18	4	75.3	19	4	78.8
18	6	75.8	19	6	79.2
18	8	76.2	19	8	79.7
18	10	76.7	19	10	80.2
18	12	77.2	19	12	80.6
18	15	77.9	19	15	81.3

<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>	<b>Level</b>	<b>Shuttle</b>	<b>VO2 Max</b>
20	2	81.8	21	2	85.2
20	4	82.2	21	4	85.6
20	6	82.6	21	6	86.1
20	8	83.0	21	8	86.5
20	10	83.5	21	10	86.9
20	12	83.9	21	12	87.4
20	14	84.3	21	14	87.8
20	16	84.8	21	16	88.2