

PACER

Progressive Aerobic Cardiovascular Endurance Run

The PACER is a multistage shuttle run designed to measure aerobic capacity, which is characterized by endurance, performance, and fitness.

Tips for success

- Do your best.
- Set a goal.
- Encourage others.
- Be prepared.
- Start slow.



You are finished when...

- You **cannot** run anymore.
- You are **more than** 2 steps from the line.
- You have made your second **mistake**.
 - Leaving too early.
 - Not getting 2 feet behind the line before the beep.
 - You stop.
 - You slide or unsafe running.

The **objective** of the **PACER** is to run as long as possible while keeping a specified pace. Students run back and forth across a 20 meter space at a pace that gets faster each minute. A point is scored for each 20 meter distance covered. The test is easier in the beginning but progressively gets more difficult.

During the first minute, the 20-meter version allows 9 seconds to run the distance. The lap time decreases by approximately half a second at each successive level.

One mile=1,609 Meters=80 Lengths