**Training for Stages Separately**

**Algebra**

**Unit 3 Line Master 3**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | **Time  (min)** | **Calories  Burned** | | 0 | 0 | | 8 | 136 | | 16 | 272 | | 24 | 408 | | 32 | 544 | | 40 | 680 |   **Swimming** |  |
| |  |  | | --- | --- | | **Time  (min)** | **Calories  Burned** | | 0 | 0 | | 4 | 44 | | 8 | 88 | | 12 | 132 | | 16 | 176 | | 20 | 220 |   **Biking** |  |
| |  |  | | --- | --- | | **Time  (min)** | **Calories  Burned** | | 0 | 0 | | 6 | 90 | | 12 | 180 | | 18 | 270 | | 24 | 360 | | 30 | 450 |   **Running** |  |