**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** |  |