

Freshmen 100-Meter Repeat Data

Put three images of your HR. After the second, fourth, and sixth 100-meter. At the end, put the image of your average and max HR below

Did you run all four 100-meter repeats? How many did you do at the same speed and intensity? What is the reason you think you slowed down? Lactic acid, endurance, or not eating enough the day before.