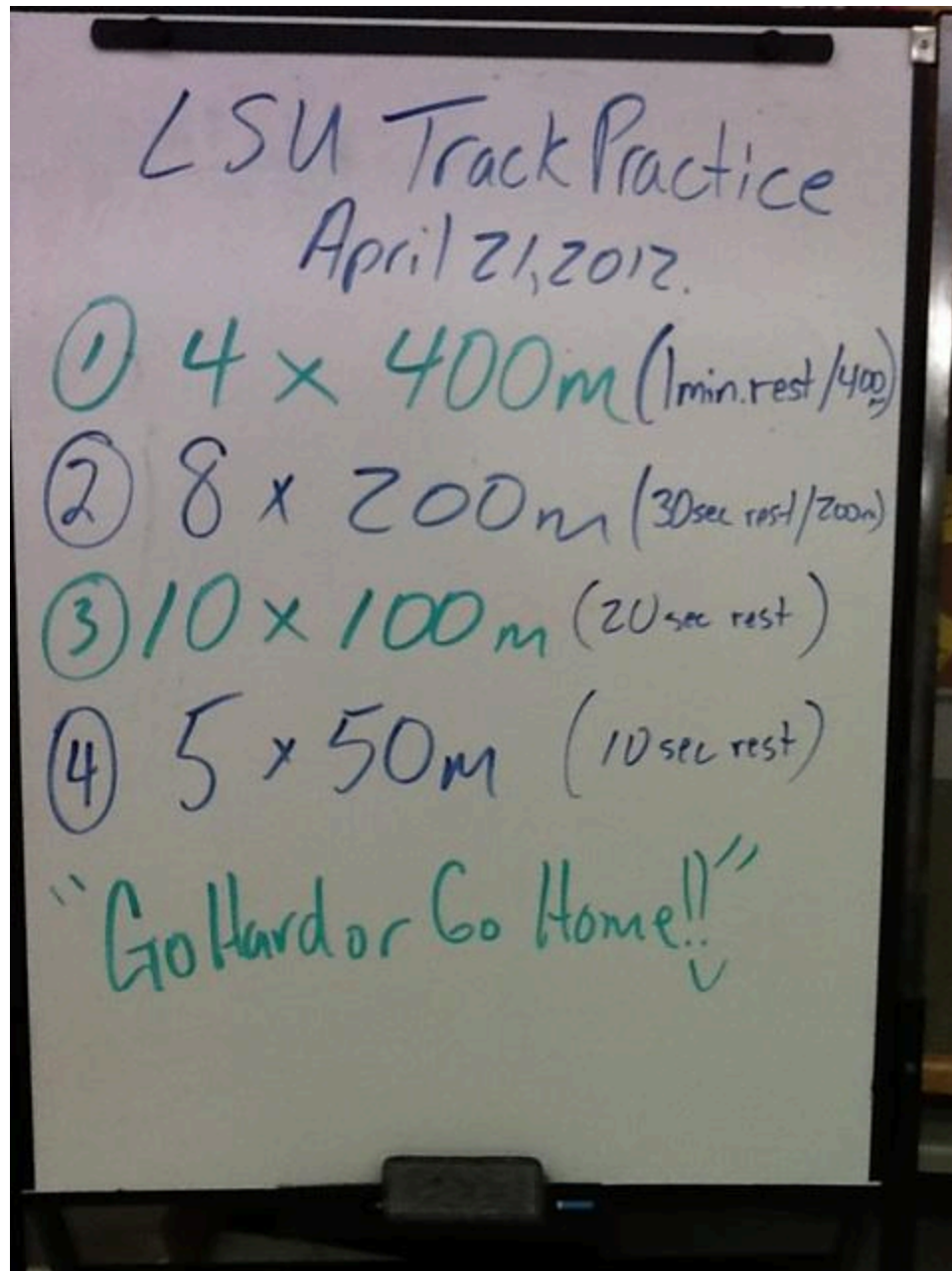# Track Training

Minds On

It's relay practice at Louisiana State University. The picture below is of the university's track stadium. The coach wants to set up 100m intervals for practice. What fraction of the track would be 100m?

ACTION

coach jenkins has posted the teams practice for today.

- How many laps of the track will each athlete run?

- Give an estimate that is too high.
- Give an estimate that is too low.

What information do you need?

Solve the problem in two ways (be sure to use fractions one way)

Image: [Track Dimensions](#)

EXTENSION

1. What would be the distance that athlete ran?
2. How many laps would the relay team run?
3. Can you create an equation to solve this problem if the coach decided to remove the 200m drills?