

RED SUN FITNESS PROGRAM

SHORT RUN



Run 1/10th of a mile and record your time.
Start running at the line to the left of the 540 sign
(as you're standing on the service road looking at Capital Blvd.)

AGE	BRONZE (seconds)	SILVER (seconds)	GOLD (seconds)
5-6	43 sec	41 sec	36 sec
7-8	40 sec	38 sec	34 sec
9-10	37 sec	35 sec	31 sec
11-12	35 sec	33 sec	30 sec
13-14	34 sec	32 sec	29 sec
15-16	33 sec	31 sec	27 sec
17-18	31 sec	28 sec	25 sec
19-25	32 sec	30 sec	27 sec
26-35	35 sec	33 sec	29 sec
36-45	33 sec	36 sec	30 sec
46-55	43 sec	40 sec	36 sec
56-65	45 sec	43 sec	40 sec
65+	53 sec	46 sec	42 sec