

# RED SUN FITNESS PROGRAM

## MILE RUN



Run one mile and record your time.  
Children 5–8 years old run a **quarter mile**.  
Children 9–12 years old run a **half mile**.

<b>AGE</b>	<b>BRONZE</b> (seconds)	<b>SILVER</b> (seconds)	<b>GOLD</b> (seconds)
5–6	2 min 25 sec	2min 13sec	2 min 04 sec
7–8	2 min 01 sec	1 min 53sec	1 min 44 sec
9–10	4 min 55 sec	4min 22sec	3 min 58 sec
11–12	4 min 38 sec	3min 57sec	3 min 35 sec
13–14	8 min 02 sec	6 min 57 sec	6 min 36 sec
15–16	7 min 28 sec	6 min 44 sec	6 min 12 sec
17–18	7 min 18 sec	6 min 32 sec	6 min 05 sec
19–25	7 min 22 sec	6 min 35 sec	6 min 09 sec
26–35	8 min 33 sec	8 min 17 sec	7 min 39 sec
36–45	8 min 52 sec	8 min 21 sec	7 min 22 sec
46–55	10 min 26 sec	9 min 03 sec	7 min 59 sec
56–65	10 min 58 sec	9 min 42 sec	8 min 22 sec
65+ (half mile)	4 min 53 sec	4 min 12 sec	3 min 40 sec