

Marathon Training



Carla started an exercise plan to prepare to run a marathon. She ran one mile on the first day. She ran two miles on each of the next two days. Carla ran three miles a day for three days. Next, she ran four miles a day for four days.

- If Carla continues this training schedule, on what day will she first run 6 miles a day?
- How many miles will she have run altogether in her training when she completes that first 6-mile run?

Answer Key

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Day	Miles Run	Total Miles
1	1	1
2	2	3
3	2	5
4	3	8
5	3	11
6	3	14
7	4	18
8	4	22
9	4	26
10	4	30
11	5	35
12	5	40
13	5	45
14	5	50
15	5	55
16	6	61

Plan: Make a Table

- I made a table to show how many miles Carla ran each day following the pattern.
- First I filled in the second column “Miles Run” to show the pattern all the way up to the first 6 miles a day.
- Next I filled in the days in the first column.
- Then I made a third column to add up the total miles to find out how many miles she had run altogether on each day.

ANSWER:

- If Carla continues her training schedule, she will first run 6 miles on the 16th day.
- When Carla finishes her first 6 mile day, she will have run a total of 61 miles altogether.