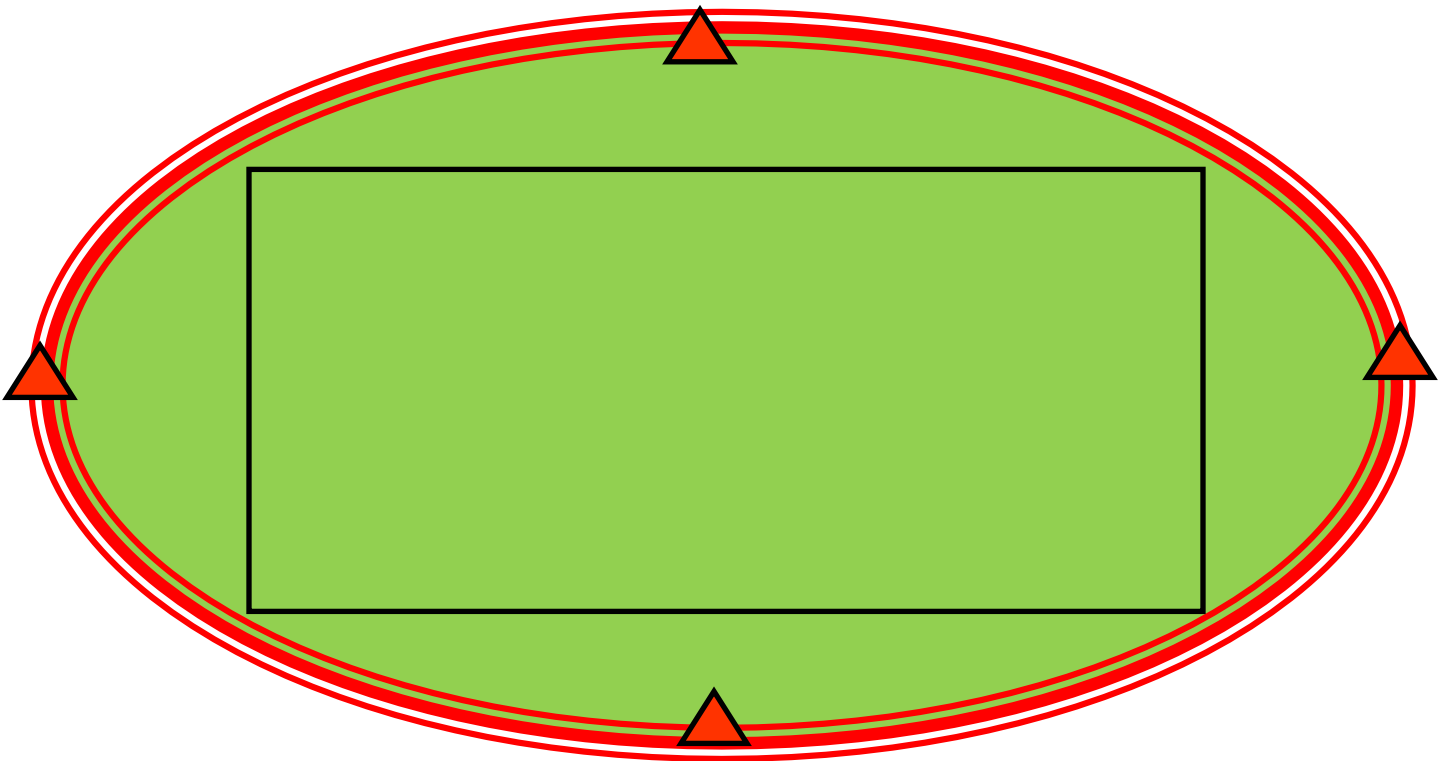




1. Use a 400 meter track and mark the track into 1/4 sections
2. Run as many laps as you can in 12-minutes
3. Passing is eight (8) laps, but don't stop at eight (8), see how far you can get running the entire 12-minutes



Result 1 <a href="#">Google Doc</a>	Result 2 <a href="#">Google Doc</a>	Pre-Season Result

**Parkland Boys' Soccer Fitness Test Friday: (Cooper Run Test)**