

3-PERSON PACER

Students in groups of 3. Student 1 runs down while 2 & 3 rest. Then student 2 runs back while 1 & 3 rest. Finally, student 3 runs while 1 & 2 rest. Continue the alternating run once/rest twice format for the desired number of laps or amount of time. I typically go for 4 minutes or 32 laps using the 20m PACER cadence.

