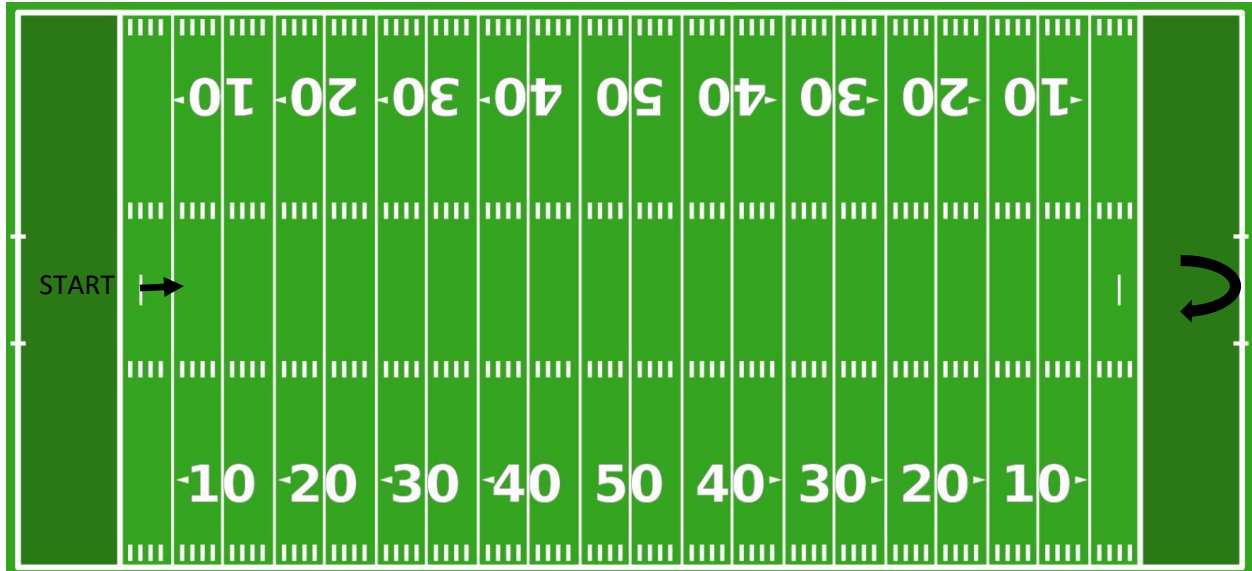


Football Field Mile

What to do?

8 x 220 yards. That is it!

- Starting on the goal line run to the back of the opposite end zone before returning to the starting goal line.



- Take as much rest as you like between each run
- Add your individual 220 yard times together and let us know how fast you ran the mile!

If you cannot run this on a football field 220 yards is approximately 264 steps. Alternatively, the 100m straight on a running track is perfect provided you add that extra 9 meters to make it a full mile. Look for the curved line behind the finish line.