

Run like the Wind

Activity

Iain is a triathlete. He needs to train for swimming, running, and cycling. During the summer, he tries to train for the same amount of time each week for all three sports.

He can train for 120 minutes (2 hours) each day. On Sunday, he has a rest day.

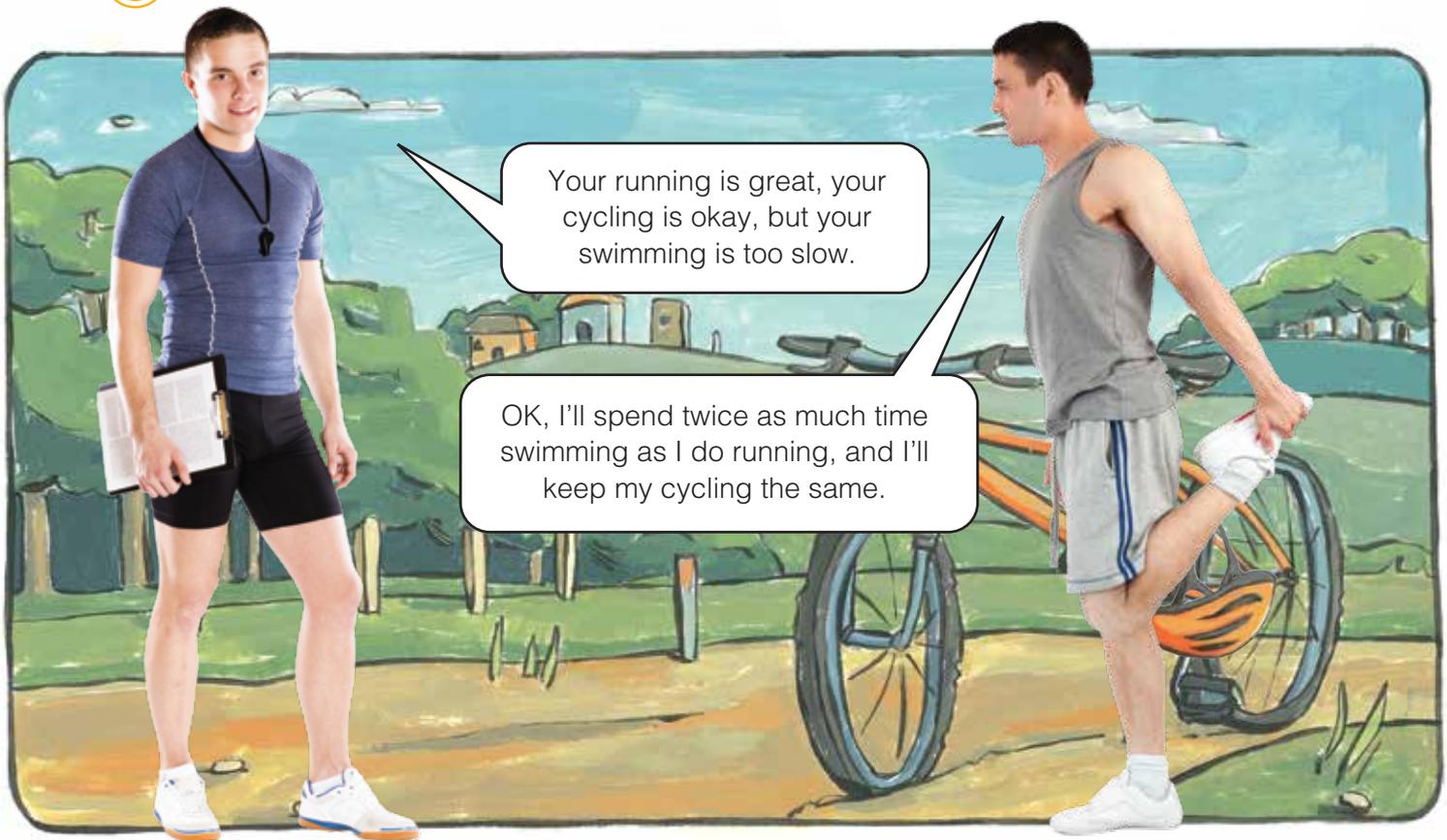
Here is his plan for the first 2 days of the week:

	Swim	Run	Cycle
Monday	60		60
Tuesday	45	45	30



By the end of the week, I want to have trained for the same time in each activity.

- How much time should Iain spend swimming, running, and cycling on the other days of the week? Complete Iain's plan for him.
- Iain's coach comments on his training results.



Your running is great, your cycling is okay, but your swimming is too slow.

OK, I'll spend twice as much time swimming as I do running, and I'll keep my cycling the same.

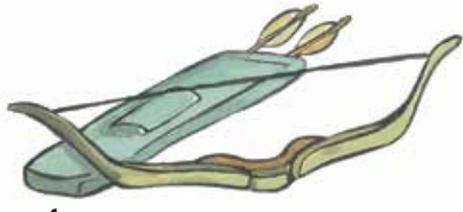
- Make up a weekly training schedule that will help Iain improve his swimming and maintain his running and cycling speeds.
- What fraction of his training time is Iain spending on each activity?

3. A month later, the coach checks the results.



How much time should Iain spend on each activity now?

4. During the months when Iain is not involved in triathlons, he likes to try other sports. Here is his plan for this year:

 <p>$\frac{1}{4}$ of the year doing triathlons</p>	 <p>$\frac{1}{3}$ of the year playing soccer</p>
 <p>2 months of the year playing tennis</p>	 <p>$\frac{1}{8}$ of the year doing archery</p>

- What fraction of Iain's year is spent playing tennis?
 - How much time will he spend doing archery?
 - Has Iain filled up the whole year with sports? Explain your answer.
5. How can you tell if a set of fractions or percentages show "the whole"?