

YARD COMPARISON CHART FOR TRACKING

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Walk 100 yards 2 times in a natural manner. Count your Steps.

Divide 100 by Steps. Take this number (X) to use in the following formula for figuring out how long your tracks are in yards.

(If it takes you 120 steps to walk 100 yards, divide 100 by 120. The answer is .83.)

To figure out how many yards your track is Multiply your Steps by X.

To figure out how many steps it will take to walk 100 yards, divide 100 by X.

Example:

To summarize:

If the first leg took 150 steps – Multiply $150 \times .83 = 124.5$ yds. is how many yards this leg is.

If you want leg 1 to be 100 yards, divide $100 / .83 = 120$ steps is how many steps you must take.

Homework:

Walk 100 yds in a natural pace two times. How many steps did this average to be? _____

Divide 100 by this number of steps. What is this number? _____