Verbal Task for EE9:

Read the following to the participants. Write the details on the board or on a poster.

I have decided to train for a marathon. A marathon is 26.2 miles. I can already run 4 miles. If during a training I increase by 1.5 miles each week, at what week will I be ready to run a marathon?

After participants have finished the first task and you have debriefed, read them the following task:

Now I want to train for a Century (100 mile) bike ride. I can already ride 8 miles. During training I increase by 5 miles each week. At what week will I be ready to ride in the bike race?