Problem of the Week

Problem A

Intervals

Adil completes a 12 km route using interval training. Interval training is a way to prepare for a race. One interval consists of running for $\frac{2}{3}$ of a kilometre followed by walking for $\frac{2}{3}$ of a kilometre.

(a) How many intervals will he do when completing the 12 km route?

(b) After two weeks, he changes his intervals to running for $\frac{3}{4}$ of a kilometre followed by walking for $\frac{3}{4}$ of a kilometre. At this pace, how many intervals does it take to complete the 12 km route?

Theme: Number Sense