Miles ran variable

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| --- | --- |
| ***Day Ran*** | ***Miles Ran*** |
| Mon | 1 |
| Tues | 2 |
| Wed | 2.5 |
| Thurs | 1 |
| Fri | 1.5 |
| Sat | 1 |
| Sun | 1 |
| Mon | 1 |
| Tues | 1 |
| Wed | 2 |

Due to the recent numbers I have increased my mean from 1.374 to 1.4 and my median stayed the same. The mode also stayed the same. The reason my numbers have not increased or decreased is because me being in the Air Force I try to focus on my 1.5 mile run for our annual PT test. With running the average of 1.4 miles I can increase my strength and endurance versus long distances for endurance resulting in a slower run time.