

## Intervals Worksheet

When using a digital clock, we can ignore the minutes and just focus on the seconds (the two numbers on the right). Every 1 minute, the clock rolls back to :00 and starts over.



- "The top" refers to the :00 (or :60)
- "The bottom" refers to the :30
- "on forty seconds" or "on :40" means your interval is forty seconds
- "on **the** forty" or "on **the** :40" means you will start the first one when the clocks shows :40

**Part 1.** Write the number that you should leave the wall on for each repeat. This is called a "send-off".

*6 x 50 on 1:10.  
Start on the top.*

#1.	<u>  :00</u>
#2.	<u>  :10</u>
#3.	<u>  :20</u>
#4.	<u>  :30</u>
#5.	<u>  :40</u>
#6.	<u>  :50</u>

*4 x 25 on :30.  
Start on the top.*

#1.	_____
#2.	_____
#3.	_____
#4.	_____

*5 x 50 on 1:20.  
Start on the :20.*

#1.	_____
#2.	_____
#3.	_____
#4.	_____
#5.	_____

*4 x 25 on :45.  
Start on the bottom.*

#1.	_____
#2.	_____
#3.	_____
#4.	_____
#5.	_____
#6.	_____

**Part 2.** Write your send-off in the first blank, then calculate your time for each repeat.

On 25s and 50s, you only need to see the last digit. You can feel the difference between :18 and :28!

*6 x 25 @ :50. Start on the top.*

	Send-off:	→	Touch:	=	Time:
#1.	<u>  :00</u>	→	<u>  :19</u>	=	<u>  :19</u>
#2.	<u>  :50</u>	→	<u>  :07</u>	=	<u>  :17</u>
#3.	<u>  :40</u>	→	<u>  :02</u>	=	<u>  :22</u>
#4.	<u>  :30</u>	→	<u>  : 8</u>	=	<u>  :18</u> <small>or :08 or :28</small>
#5.	<u>  :20</u>	→	<u>  : 4</u>	=	<u>  :24</u> <small>or :14 or :34</small>
#6.	<u>  :10</u>	→	<u>  : 0</u>	=	<u>  :20</u> <small>or :10 or :30</small>

*6 x 25 @ :40. Start on the top.*

	Send-off:	→	Touch:	=	Time:
#1.	_____	→	<u>  :21</u>	=	_____
#2.	_____	→	<u>  :59</u>	=	_____
#3.	_____	→	<u>  :40</u>	=	_____
#4.	_____	→	<u>  : 2</u>	=	_____
#5.	_____	→	<u>  : 0</u>	=	_____
#6.	_____	→	<u>  : 8</u>	=	_____

## Answer Key:

**Part 1.** Write the number that you should leave the wall on for each repeat. This is called a "send-off".

*6 x 50 on 1:10.  
Start on the top.*

#1. :00  
#2. :10  
#3. :20  
#4. :30  
#5. :40  
#6. :50

*4 x 25 on :30.  
Start on the top.*

#1. :00  
#2. :30  
#3. :00  
#4. :30

*4 x 50 on 1:20.  
Start on the :20.*

#1. :20  
#2. :40  
#3. :00  
#4. :20  
#5. :40

*4 x 25 on :45.  
Start on the bottom.*

#1. :30  
#2. :15  
#3. :00  
#4. :45  
#5. :30  
#6. :15

**Part 2.** Write your send-off in the first blank, then calculate your time for each repeat.

On 25s and 50s, you only need to see the last digit. You can feel the difference between :18 and :28!

*6 x 25 @ :50. Start on the top.*

	Send-off:	→	Touch:	=	Time:
#1.	<u>:00</u>	→	<u>:19</u>	=	<u>:19</u>
#2.	<u>:50</u>	→	<u>:07</u>	=	<u>:17</u>
#3.	<u>:40</u>	→	<u>:02</u>	=	<u>:22</u>
#4.	<u>:30</u>	→	<u>: 8</u>	=	<u>:18</u> <small>or :08 or :28</small>
#5.	<u>:20</u>	→	<u>: 4</u>	=	<u>:24</u> <small>or :14 or :34</small>
#6.	<u>:10</u>	→	<u>: 0</u>	=	<u>:20</u> <small>or :10 or :30</small>

*6 x 25 @ :40. Start on the top.*

	Send-off:	→	Touch:	=	Time:
#1.	<u>:00</u>	→	<u>:21</u>	=	<u>:21</u>
#2.	<u>:40</u>	→	<u>:59</u>	=	<u>:19</u>
#3.	<u>:20</u>	→	<u>:40</u>	=	<u>:20</u>
#4.	<u>:00</u>	→	<u>: 2</u>	=	<u>:22</u>
#5.	<u>:40</u>	→	<u>: 0</u>	=	<u>:20</u>
#6.	<u>:20</u>	→	<u>: 8</u>	=	<u>:18</u>