



Problem of the Week

Problem A

Cross Training

Jelena is training at the track at her school. She does interval training which means that she runs for some distance then stops to do other exercises. Each time around the track is called a lap. This is her training plan:

- Run half the way around the track; stop and do 10 push-ups.
- Run three quarters the way around the track; stop and do five burpees.
- Run one and a quarter the way around the track; stop and do 15 jumping jacks.

How many laps of the track has Jelena completed after doing the jumping jacks?

