

# Training for the cycle race

This task is about number patterns and rules.



Ruia is training for a long-distance cycle race.

Ruia cycles 10 km the first day, and increases this by 5 km each day after.

a) Complete the table to show how far she cycles on the second, third, and fourth days of training.

Day	1	2	3	4
Km cycled	10	<input type="text"/>	<input type="text"/>	<input type="text"/>

b) Write a rule in words to describe how far she cycles on any given day.

c) How many kilometres does she cycle on the tenth day?  km

d) Which of these expressions describes how many kilometres she would cycle on the n-th day?

15n / 50n / 0 + n / 5 + 5n / 0 + 5n