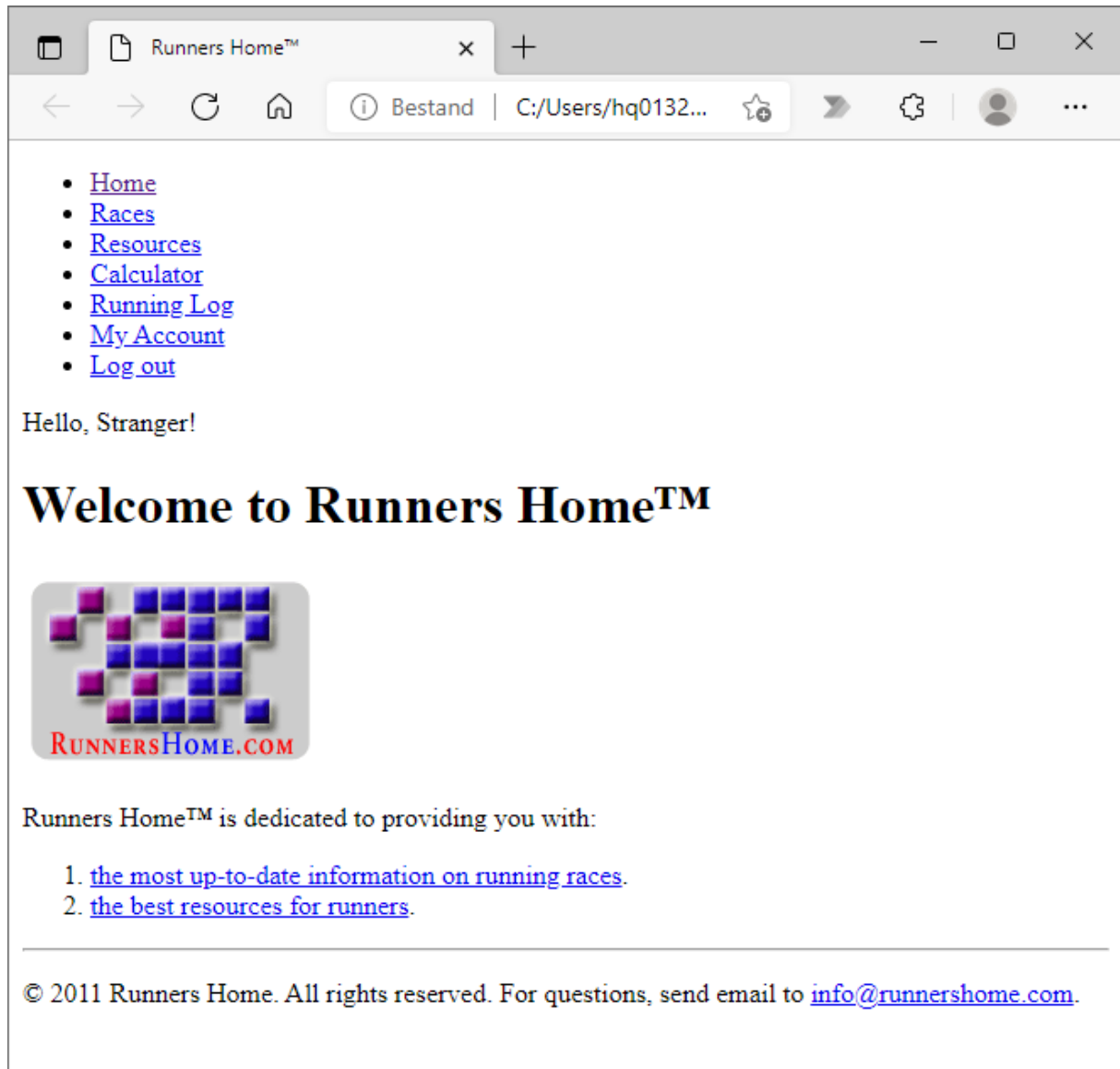


Exercise 5 Creating Lists

15 to 25 minutes

In this exercise you will modify index.html so that the two list items under the text "Runners Home™ is dedicated to providing you with:" will appear as a numbered list. You will also change the menu so that the items appear in as an unordered list. The page should appear like this:



In addition, you will modify a new page called RunningTerms.html. The page uses a definition list and should appear like this:

Running Terms

Bestand | C:/Users/hq0132...

Running Terms

10-K pace
10-K pace, when used in a workout to describe how fast to run, is simply the pace of a runner's last 10-K race.

5-K/8-K/10-K
K is for kilometers, 1,000 meters. A 5-K is equal to 3.1 miles; 8-K is 4.96 miles; 10-K is equal to 6.2 miles.

400 meters
Equivalent to a quarter mile or 1 lap around a standard track.

800 meters
Equivalent to a half-mile or 2 laps around a standard track.

aerobic
Used to refer to running or other exercise at an intensity that's sufficiently easy for your respiratory and cardiovascular systems to deliver all or most of the oxygen required by your muscles, and slow enough that lactic acid doesn't appreciably build up in your muscles. Generally, you can sustain a slow aerobic pace for long periods of time, provided you have the endurance to go long distances.

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