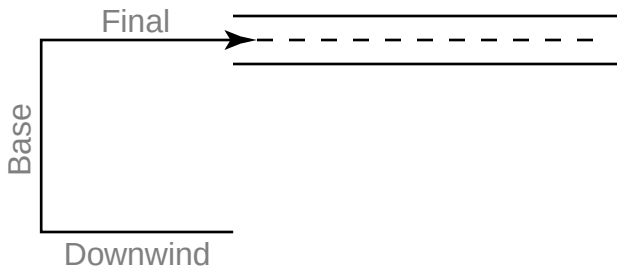

tan(3°)= altitude / distance
distance = 1000 ft / .0524
distance = 19000 ft, roughly 3 nm

3 Legs, each 1 nm long

nm/hr * 1hr/60min * 1/legdist * descentdist = ft/min descent rate

DownWind: 85 knots, 1 nm

85 * 1/60 * 1/1nm * 333 ft = 471 ft/min

Base: 75 knots, 1 nm

75 * 1/60 * 1/1nm * 333 = 416 ft/min

Final: 65 knots, 1 nm

65 * 1/60 * 1/1nm * 333 = 360 ft/min

The problem with this is that it takes you outside of glide distance to the airport.
The 172's best-glide glide-angle is 7°.