

Measuring Cardiorespiratory Fitness: The 1.5-Mile Walk Test

The objective of the test is to walk the 1.5-mile distance as quickly as possible. You can complete the run on an oval track or any properly measured course. If the run will take place outside, the test is best conducted in moderate weather conditions; avoid running on very hot or very cold days. A good strategy is to try to keep a steady pace during the entire distance. You should use a stop watch to get an accurate time. You should attempt this test only if you have met the medical clearance criteria discussed in this text.

Before the test, perform a 5 to 10 minute warm-up. If you become extremely fatigued during the test, slow your pace-do not overstress yourself! If you feel faint or nauseated or experience any unusual pains in your upper body, stop and notify your instructor.

After you complete the test, cool down and record your time and fitness category from below. Find your age group along the top of the table, and then locate your time range according to your sex. The fitness classifications are along the left of the table.

Test Date: 15-Nov-12
 Finish Time: 13:27
 Fitness Category: Good

1. Is your fitness classification what you expected based on your current level of activity? If not, why do you think it was higher or lower than expected?

Yes, I'm working on conditioning at the moment so this is very good for me. This is technically "Excellent" although Word won't let me change the Fitness Category above.

2. Write fitness goals for maintaining or improving your cardiorespiratory endurance. You might have to refer to your notes for a reminder on how to set goals.

-Improve circulation of oxygen to the muscles by increasing my VO2max.

-Be able to run 1.5 miles in 10:45 or less.

Fitness Category	<u>Age (Years)</u>					
	13-19	20-29	30-39	40-49	50-59	60+
Men						
Very Poor	>15:30	>16:00	>16:30	>17:30	>19:00	>20:00
Poor	12:11-15:30	14:01-16:00	14:46-16:30	15:36-17:30	17:01-19:00	19:01-20:00
Average	10:49-12:10	12:01-14:00	12:31-14:45	13:01-15:35	14:31-17:00	16:16-19:00
Good	9:41-10:48	10:46-12:00	11:01-12:30	11:31-13:00	12:31-14:30	14:00-16:15
Excellent	8:37-9:40	9:45-10:45	10:00-11:00	10:30-11:30	11:00-12:30	11:15-13:59
Superior	<8:37	<9:45	<10:00	<10:30	<11:00	<11:15
Women						
Very Poor	>18:30	>19:00	>19:30	>20:00	>20:30	>21:31
Poor	16:55-18:30	18:31-19:00	19:01-19:30	19:31-20:00	20:01-20:30	20:31-21:31
Average	14:31-16:54	15:55-18:30	16:31-19:00	17:31-19:30	19:01-20:00	19:31-20:30
Good	12:30-14:30	13:31-15:54	14:31-16:30	15:56-17:30	16:31-19:00	17:31-19:30
Excellent	11:50-12:29	12:30-13:30	13:00-14:30	13:45-15:55	14:30-16:30	16:30-17:30
Superior	<11:50	<12:30	<13:00	<13:45	<14:30	<16:30

