

Name: _____

Date: _____

Measuring Cardiorespiratory Fitness: The 1-Mile Walk Test

The objective of the test is to walk the 1-mile distance as quickly as possible. You can complete the walk on an oval track or any properly measured course. 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: _____

Finish Time: _____

Fitness Category: Choose One

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?
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.

Fitness Category	<u>Age (Years)</u>			
	13-19	20-29	30-39	40+
Men				
Very Poor	>17:30	>18:00	>19:00	>21:30
Poor	16:01-17:30	16:31-18:00	17:31-19:00	18:31-21:30
Average	14:01-16:00	14:31-16:30	15:31-17:30	16:01-18:30
Good	12:30-14:00	13:00-14:30	13:30-15:30	14:00-16:00
Excellent	<12:30	<13:30	<13:30	<14:00
Women				
Very Poor	>18:01	>18:31	>19:31	>20:01
Poor	16:31-18:00	17:01-18:30	18:01-19:30	19:31-20:00
Average	14:31-16:30	15:01-17:00	16:01-18:00	18:01-19:30
Good	13:31-14:30	13:31-15:00	14:01-16:00	14:31-18:00
Excellent	<13:30	<13:30	<14:00	<14:30