

## Rockport One Mile Aerobic Fitness Test

Name \_\_\_\_\_

To calculate VO<sub>2</sub> from the Rockport Walking Test, enter your numbers:

Date    \_\_\_ / \_\_\_ / \_\_\_\_

Age

Weight at test time (minus clothing)

Time for the one mile walk

Heart rate at finish

Enter 0 if you are female; 1 if you are male

VO<sub>2</sub>

Rating \_\_\_\_\_

**INSTRUCTIONS**--Walk on a track or level surface.

- Warm up for 5 to 10 minutes with easy walking.
- Start your stopwatch and immediately start walking as fast as you can. Make every effort to push yourself, but avoid jogging.
- At the end of the 1 mile, stop your stopwatch and record your time in decimals. For example, 11 minutes plus (30 seconds ÷ 60 seconds) = 11.5 minutes.
- Take your heart rate immediately. If taking your own pulse, count the heartbeats for 15 seconds and multiply by four. For example, if there are 40 heartbeats in 15 seconds, your heart rate would be 160 beats per minute (bpm).

VO2 Max Norms for Men						
Age	18-25	26-35	36-45	46-55	56-65	65+
<b>Rating</b>	> 60	>56	> 51	> 45	> 41	>37
<i>Excellent</i>	52-60	49-56	43-51	39-45	36-41	33-37
<i>Good</i>	47-51	43-48	39-42	36-38	32-35	29-32
<i>Above Average</i>	42-46	40-42	35-38	32-35	30-31	26-28
<i>Below Average</i>	37-41	35-39	31-34	29-31	26-39	22-25
<i>Poor</i>	30-36	30-34	26-30	25-28	22-25	20-21
<i>Very Poor</i>	> 30	>30	> 26	> 25	> 22	>20

VO2 Max Norms for Women						
Age	18-25	26-35	36-45	56-65	56-65	65+
<b>Rating</b>	> 56	>52	> 45	> 40	> 37	>32
<i>Excellent</i>	47-56	45-52	38-45	34-40	32-37	28-32
<i>Good</i>	42-46	39-44	34-37	31-33	28-31	25-27
<i>Above Average</i>	38-41	35-38	31-33	28-30	25-27	22-24
<i>Below Average</i>	33-37	31-34	27-30	25-27	22-24	19-21
<i>Poor</i>	28-32	26-30	22-26	20-24	18-21	17-18
<i>Very Poor</i>	> 28	>26	> 22	> 20	> 18	>17