Measurement of Cardiorespiratory Fitness:
The 1-Mile Walk Test

NAME ___________________________  DATE ___________________________

DIRECTIONS
The objective of the test is to walk the 1-mile distance as quickly as possible. The walk can be completed 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 Chapter 2 of this text.

Prior to beginning 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!

On completion of the test, cool down and record your time and fitness category (Table 2.2).

TEST 1  DATE: __________
Ambient conditions:
*Temperature: ______  *Relative humidity: ________
Finish time: ___________________  Fitness category: ___________________

TEST 2  DATE: __________
Ambient conditions:
*Temperature: ______  *Relative humidity: ________
Finish time: ___________________  Fitness category: ___________________

TEST 3  DATE: __________
Ambient conditions:
*Temperature: ______  *Relative humidity: ________
Finish time: ___________________  Fitness category: ___________________

*The purpose of recording the temperature and relative humidity is to provide a record of the amount of heat stress during the test. High heat and relative humidity could have a negative impact on your test score.