



One-Mile Walk -- Worksheet

Name _____ Date _____

Age _____ Weight _____ Gender M/F _____

Heart Rate chart	
10 sec count	Heart rate/min
29	174
28	168
27	162
26	156
25	150
24	144
23	138
22	132
21	126
20	120
19	114
18	108
17	102
16	96

Based on 85% of max heart rate

One MET = 3.5 ml O₂/kg body weight/min

Instructions

- The one-mile walk is a safe test for healthy people to estimate peak aerobic capacity without a maximal effort. This test requires:
 - A stop watch
 - A track or accurately measured one mile course
 - A heart rate meter or other means for taking an accurate heart rate at end of test
- Complete Par-Q screening form.
- Instruct the test subject to walk the one-mile course as quickly as possible without undue strain. No running is allowed. Walk at a brisk, steady pace.
- Upon completing the one-mile walk immediately check the heart rate using a heart rate meter, a stethoscope, or by taking a pulse. If taking a pulse, start within 5 seconds of completing the walk. Take a 10 second pulse and multiply by 6.
- Record final heart rate. Record the time to complete the walk to the nearest second. Compute peak aerobic capacity.

Testing Dates	Heart rate		Time (min:sec)	VO _{2peak} METs
	/10 sec	/min		
1				
2				
3				
4				

Fitness Goal (good-excel) _____ to _____ METs

Aerobic Capacity Norms¹ (METs, one MET = 3.5 ml • kg⁻¹ • min⁻¹)

Gender/Age	Men					Women				
Percentile	20-29	30-39	40-49	50-59	60-69	20-29	30-39	40-49	50-59	60-69
Excel 80-100	13.8+	13.4	12.6	11.7	10.9	11.7	11.0	10.4	9.2	8.9
Good 60-79	12.6	12.1	11.4	10.5	9.6	10.5	9.9	9.2	8.4	7.8
Aver 40-59	11.7	11.1	10.6	9.7	8.6	9.7	9.2	8.4	7.7	7.0
Low 20-39	10.6	10.1	9.4	8.6	7.6	8.7	8.2	7.6	6.9	6.5
High risk 0-19	<10.6	<10.1	<9.4	<8.6	<7.6	<8.7	<8.2	<7.6	<6.9	<6.5

Source: ACSM, Guidelines for Exercise Testing and Prescription, 6th Edition, 2000