

Treadmill Chester Fitness Test

NOTE: This is considered a walking protocol but depending on your build/technique you may walk or adopt a gentle jog at the set speed. Whatever your technique, you must stay on the treadmill and complete the test without holding onto the rails.

You are required to walk/jog at a set speed and complete all the incline levels set below.

Warm Up

Gently loosening & limbering; walk on treadmill at 0% for approx. 3-5mins, gradually increasing speed to 6.2km/hr (3.9mph), then start test.

- Level 1: 0-2 minutes at: **0% gradient.**
At end of this Level, continue to Level 2, increasing gradient to 3%.
- Level 2: 2-4 minutes at: **press incline so screen shows 3% gradient.**
At end of this Level, continue to Level 3, increasing gradient to 6%.
- Level 3: 4-6 minutes at: **press incline so screen shows 6% gradient.**
At end of this Level, continue to Level 4, increasing gradient to 9%.
- Level 4: 6-8 minutes at: **press incline so screen shows 9% gradient.**
At end of this Level, continue to Level 5, increasing gradient to 12%.
- Level 5: 8-10 minutes at: **press incline so screen shows 12% gradient.**
At end of this Level, continue to Level 6, increasing gradient to 15%.
- Level 6: 10-12 minutes at: **press incline so screen shows 15% gradient.**

End of Test.

On completing the test cool down for 3-5 minutes on a slower speed and flat gradient ensuring your breathing and heart rate is regulated to normal levels before you stop completely.

On completion of the test, you will have reached the minimum recommended fitness standard of 42mlsO₂/kg/min. However, if gas analysis is used, the result from the gas analysis machine takes precedence and the test could be altered slightly in order for you to ascertain the required VO₂ reading of 42mlsO₂/kg/min or above.