



Walk on Incline 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 will be assessed on the treadmill whilst wearing a gas analysis mask to measure your VO₂ fitness.

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 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 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 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 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 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.**

NOTE: if your treadmill does not incline above 12%, remain at 12% on level 6 (10-12 minutes) and you may choose to increase the speed to **6.7km/hr (4.2mph) OR Higher**, to make up the intensity deficit.

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, the result from the gas analysis takes presidents and the test could be altered slightly in order for you to ascertain the required VO₂ reading of 42mlsO₂/kg/min or above.