



The 1.5 Mile Run Test

How Fit am I?

Cardiovascular fitness, simply put is the capability to sustain prolonged exercise. Here's one simple test of 'fitness'. Another test you can use is the 12-minute run test?

The 1.5 Mile Fitness Test

Make sure you're warmed-up and of course clinically clear to exercise.

What to do?

- Find a running track or space that enables you to run for 1.5 miles without stopping and which enables you have distance markers.
- If you're struggling to find a track or space then the treadmill might be the next best alternative. Make sure you set the machine to a 1% incline to better simulate outdoor running.
- Start the watch and off you go!

You can run, jog, walk or do all three, just make sure you get to the end

- Record how long it took you to complete the 1.5 mile distance.

How did you do?

Look at the table below to get an estimate of your fitness:

<i>Standards for the 1.5-Mile Run-Walk Test (minutes:seconds)</i>						
<i>Women</i>	<i>Superior</i>	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Very Poor</i>
Age: 18–29	11:00 or less	11:15–12:45	13:00–14:15	14:30–15:45	16:00–17:30	17:45 or more
30–39	11:45 or less	12:00–13:30	13:45–15:15	15:30–16:30	16:45–18:45	19:00 or more
40–49	12:45 or less	13:00–14:30	14:45–16:30	16:45–18:30	18:45–20:45	21:00 or more
50–59	14:15 or less	14:30–16:30	16:45–18:30	18:45–20:30	20:45–23:00	23:15 or more
60 and over	14:00 or less	14:15–17:15	17:30–20:15	20:30–22:45	23:00–24:45	25:00 or more
<i>Men</i>						
Age: 18–29	9:15 or less	9:30–10:30	10:45–11:45	12:00–12:45	13:00–14:00	14:15 or more
30–39	9:45 or less	10:00–11:00	11:15–12:15	12:30–13:30	13:45–14:45	15:00 or more
40–49	10:00 or less	10:15–11:45	12:00–13:00	13:15–14:15	14:30–16:00	16:25 or more
50–59	10:45 or less	11:00–12:45	13:00–14:15	14:30–15:45	16:00–17:45	18:00 or more
60 and over	11:15 or less	11:30–13:45	14:00–15:45	16:00–17:45	18:00–20:45	21:00 or more