



Name _____ Date _____
Instructor _____ Section _____

Measuring Cardiorespiratory Fitness: The 1.5-Mile Run Test

The objective of this test is to complete the 1.5-mile distance as quickly as possible. You can complete the run on an oval track or on any properly measured course. If the run will take place outside, the test is best conducted in moderate weather conditions; avoid running it on very hot or very cold days. A good strategy is to try to keep a steady pace over the entire distance. Performing a practice test is a good way to get familiar with the distance and determine the ideal pace you can maintain. You should use a stopwatch to get an accurate time. You should attempt this test only if you have met the medical clearance criteria.

Before the test, perform a 5- to 10-minute warm-up. If you become extremely fatigued during the test, slow your pace or walk—do not overstress yourself! If you feel faint or nauseated or experience any unusual pains in your upper body, stop and notify your instructor.

After you complete the test, cool down and record your time and fitness category from Table 3.3 included in this lab. Locate your time range according to your sex and age group. The fitness classifications are along the top of the table.

Test date: _____ Finish time: _____ Fitness category: _____

1. Is your fitness classification what you expected based on your current level of activity? If not, why do you think it was higher or lower than expected?
2. Write fitness goals for maintaining or improving your cardiorespiratory endurance.

TABLE 3.3 Fitness Categories for Cooper's 1.5-Mile Run Test

Estimated Run Time Ratings				
Men	Excellent	Good	Fair	Poor
20–29 yrs	<10:10	10:10–11:29	11:30–12:38	>12:38
30–39 yrs	<10:47	10:47–11:54	11:55–12:58	>12:58
40–49 yrs	<11:16	11:16–12:24	12:25–13:50	>13:50
50–59 yrs	<12:09	12:09–13:35	13:36–15:06	>15:06
60–69 yrs	<13:24	13:24–15:04	15:05–16:46	>16:46
Women	Excellent	Good	Fair	Poor
20–29 yrs	<11:59	11:59–13:24	13:25–14:50	>14:50
30–39 yrs	<12:25	12:25–14:08	14:09–15:43	>15:43
40–49 yrs	<13:34	13:24–14:53	14:54–16:31	>16:31
50–59 yrs	<14:35	14:35–16:35	16:36–18:18	>18:18
60–69 yrs	<16:34	16:34–18:27	18:28–20:16	>20:16

Source: Reprinted with permission from The Cooper Institute®, Dallas, Texas from a book called *Physical Fitness Assessments and Norms for Adults and Law Enforcement*. Available online at www.CooperInstitute.org.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.