

PERSONAL SPECS + FITNESS LEVEL

DATE: _____

Weight

**Race Distance /
Training Goal**

**1.5 Mile Test
Time**

**My Vo2max
before training**

**My Vo2max
during
training**

**My Vo2max
after training**

**My Vo2max
Fitness
classification
after training**

1.5 MILE VO2 MAX TEST FOR RUNNERS

Here's how to take the 1.5 mile Vo2 max Test for Runners!

THE GOAL OF THE TEST:

Run 1.5 miles (2.4km) in the shortest amount of time possible.

This test asks you to give an all-out effort, to go as hard and as fast as you possibly can. In this test it is very important to really push yourself to your limit in order to obtain an accurate measurement of your Vo2max.

Perform a practice run before your actual test so that you can get an idea of how fast you can pace yourself, the logistics of the track, and an idea of how you will go about completing the test.

WHAT YOU NEED:

- Quarter mile track (or an accurately measured 1.5 mile route) to perform the test. Make sure you are aware of the exact distance of the track. While the most common track lap distance is 0.25 miles, some tracks are a distance of 400 meters which means that you will need to go 6 laps + 15 yards past the 6 lap mark.
- Stopwatch
- A friend is optional but very supportive in pushing you and keeping you motivated. Friends also make good candidates for monitoring the stopwatch and counting your laps.





HOW TO PERFORM THE 1.5 MILE VO2 MAX TEST

- Perform a 10 minute light warm up. Walking followed by light jogging makes an excellent warm up for this test.
- Once you are warmed up, start your watch and immediately start running.
- Remember that you are supposed to run the 1.5 miles as fast as possible. The best tactic for going about this is to pace yourself, in the beginning, at a hard but sustainable pace that you know you could keep up the duration of the 1.5 miles but no longer. Do NOT go all out at the start. Really push and dig deep at the end, the last 1-1 ½ laps, and go as fast as you possibly can. Lift your knees up high and sprint when you are in sight of the finishing mark.
- Stop the watch immediately upon completion and record your time to the nearest second. Bring your profile page with you so that you can record your time on your Profile Sheet.
- Perform a 10 minute cool down consisting of walking or slow jogging. Include some stretching as well. Don't just pass out on the ground. Bring your heart rate back down to normal.
- To really get an accurate Vo2max, perform the fitness test 3 times on separate days, then find your average time and plug that number into the included calculator.