

12-Minute Run Test

How Fit am I?

Fitness can be tested in all manner of ways. A common understanding of fitness is how long and, or, fast someone can run/cycle/row etc. for. This is a test of cardiovascular endurance – a person's ability to sustain prolonged exercise for minutes, hours or even days!

Cardiovascular endurance

Very simply put, cardiovascular endurance is the ability of the heart, lungs and blood vessels to deliver oxygen to working muscles and tissues (and remove the bi-products). To train for a half-marathon, you need to train your cardiovascular endurance. This type of training is different to the training you need to do to run a fast 800 metres.

Here's one simple test of 'fitness'. Another test you can use is the 1.5 mile run test?

12 Minute Run Test

Developed in the 1960s by Dr Cooper, the 12-minute run test measures how far a person can cover (run, walk, jog) in 12 minutes. Simple. Ideally you want to take this test on a standard running track, or a location where you can measure distance run without having to stop. If you're struggling to find anywhere the treadmill could be an option, however, remember that this is an artificial environment. You will need to raise the belt to a 1 degree incline to simulate outdoor running.

You will need:

- A stopwatch and
- Something to record the distance covered, such as cones placed around the running track at standardised distances.

What to do?

- Warm-up before you take the test (5-10 minutes of light jogging and stretching).
- Start the timer and off you go!
- Run, jog or walk for the whole 12 minutes.
- Record the distance covered.

How did you do?

