



Lab A3-1 *The 12-Minute Run Test for Assessing Cardiorespiratory Endurance*

Equipment

1. A running track or course that is flat and provides exact distance measurements in miles
2. A stopwatch, clock, or watch with a second hand

Instructions

1. Warm up before taking the test. Do some walking, easy jogging, and stretching exercises.
2. Run at a steady pace, as fast as possible without undue fatigue, for the entire 12 minutes. Cool down after the test is over.
3. Record the distance you traveled in miles, using a decimal figure.
Distance traveled: _____ miles

Rating Your Cardiorespiratory Endurance

Using the section of the table below for your age and sex, find the rating that corresponds to the distance you traveled in 12 minutes.

Rating: _____

Ratings for 12-Minute Run Test

Rating/Distance (miles)						
Men	Very poor	Poor	Fair	Good	Excellent	Superior
Age: 18–29	Below 1.37	1.37–1.48	1.49–1.57	1.58–1.72	1.73–1.87	Above 1.87
30–39	Below 1.32	1.33–1.44	1.45–1.54	1.55–1.66	1.67–1.81	Above 1.81
40–49	Below 1.27	1.28–1.37	1.38–1.48	1.49–1.60	1.61–1.78	Above 1.78
50–59	Below 1.18	1.18–1.28	1.29–1.37	1.38–1.51	1.52–1.68	Above 1.68
60–69	Below 1.07	1.08–1.18	1.19–1.28	1.29–1.40	1.41–1.59	Above 1.59
70–79	Below 0.97	0.97–1.08	1.09–1.16	1.17–1.31	1.32–1.48	Above 1.48
Women	Very poor	Poor	Fair	Good	Excellent	Superior
Age: 18–29	Below 1.19	1.19–1.29	1.30–1.40	1.41–1.53	1.54–1.70	Above 1.70
30–39	Below 1.15	1.15–1.24	1.25–1.33	1.34–1.44	1.45–1.61	Above 1.61
40–49	Below 1.09	1.09–1.18	1.19–1.28	1.29–1.39	1.40–1.56	Above 1.56
50–59	Below 1.02	1.02–1.10	1.11–1.18	1.19–1.28	1.29–1.41	Above 1.41
60–69	Below 0.97	0.97–1.04	1.05–1.11	1.12–1.20	1.21–1.33	Above 1.33
70–79	Below 0.90	0.90–0.97	0.98–1.04	1.05–1.14	1.15–1.32	Above 1.32

Source: Based on norms from *The Physical Fitness Specialist Certification Manual*, The Cooper Institute for Aerobics Research, Dallas, Texas, revised 2002. Used with permission.