

Cardiovascular Fitness Worksheet						
Name: _____				<u>Gerkin Max</u>		
Date: _____		<u>Classification</u>	<u>Max VO2</u>	<u>Treadmill Time*</u>	<u>Implications</u>	
Treadmill Time: _____		Desirable	> 50 ml/kg	over 14:00	Capable of sustaining the most arduous firefighting tasks indefinitely with an ample margin of reserve.	
Predicted VO2 max: _____						
Classification: _____		Recommended	46-50 ml/kg	12:30- 13:59	Capable of sustaining the most arduous firefighting tasks for a prolonged duration with a reasonable margin of reserve .	
Max Heart Rate: _____						
70-85% Training Range: _____		Marginal	40-45 ml/kg	10:40- 12:29	Capable of sustaining the most arduous firefighting tasks for several minutes with a near maximal effort.	
		Inadequate	< 40 ml/kg	under 10:40	Aerobic capacity insufficient to sustain the most arduous firefighting tasks such as stair climbing for more than 3 minutes.	
					*Includes 3 min. initial warm-up stage	
<u>Max HR</u>	<u>70%</u>	<u>85%</u>				
150	105	128				
152	106	129				
154	108	131				
156	109	133				
158	111	134				
160	112	136				
162	113	138				
164	115	139				
166	116	141				
168	118	143				
170	119	145				
172	120	146				
174	122	148				
176	123	150				
178	125	151				
180	126	153				
182	127	155				
184	129	156				
186	130	158				
188	132	160				
190	133	162				
192	134	163				
194	136	165				
196	137	167				
198	139	168				
200	140	170				
202	141	172				
204	143	173				
			The highest Heart Rate you achieved on the maximal effort treadmill test is a good estimate of your true functional Maximal Heart Rate. This assumes you were able to give an all-out aerobic effort and were not limited by orthopedic or other problems. This Maximal Heart Rate was used to calculate your recommended Training Heart Rate Range (THRR), which is 70-85% of maximum.			
			Most exercisers are able to achieve and maintain a good level of cardiovascular fitness if the intensity of most workouts falls within this range . More vigorous workouts may provide additional benefits, but may be less well tolerated. Less intense workouts are beneficial, especially for weight control, but if done exclusively, may not be sufficient to provide the high level of fitness required by firefighters. This THRR is an approximate guideline to help you determine an appropriate and effective exercise intensity. It should never supersede specific medical recommendations or common sense!			
			To achieve and maintain the high level of cardiovascular fitness required by firefighters, 3-5 sessions per week of at least 20 minutes duration, are recommended.			