

Cardiovascular Fitness Worksheet

Cardiovascular Fitness Worksheet			
Name: _____		Gerkin Max	
Date: _____	Classification	Max VO2	Treadmill Time*
Treadmill Time: _____	Desirable	> 50 ml/kg	over 14:00
Predicted VO2 max: _____	Capable of sustaining the most arduous firefighting tasks indefinitely with an ample margin of reserve.		
Classification: _____	Recommended	46-50 ml/kg	12:30- 13:59
Max Heart Rate: _____	Capable of sustaining the most arduous firefighting tasks for a prolonged duration with a reasonable margin of reserve .		
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
			*Includes 3 min. initial warm-up stage
	Aerobic capacity insufficient to sustain the most arduous firefighting tasks such as stair climbing for more than 3 minutes.		
Max HR	70%	85%	
150	105	128	
152	106	129	<p>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.</p> <p>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!</p> <p>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.</p>
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	