



**County of Los Angeles Fire Department  
Cardiovascular Fitness Worksheet**

Name: _____			<b>Gerkin Max Treadmill Time*</b>	<b>1.5 mile run time*</b>	
Date: _____	<b>Classification</b>	<b>Max VO2</b>			<b>Implications</b>
Treadmill Time: _____	<b>Desirable</b>	> 50 ml/kg	over 14:00	under 10:20	Capable of sustaining the most arduous firefighting tasks indefinitely with an ample margin of reserve.
Predicted VO2 max: _____					
Classification: _____	<b>Recommended</b>	46-50 ml/kg	12:30- 13:59	10:20-11:29	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: _____	<b>Marginal</b>	40-45 ml/kg	11:00- 12:29	11:30-13:14	Capable of sustaining the most arduous firefighting tasks for several minutes with a near maximal effort.
	<b>Inadequate</b>	< 40 ml/kg	under 11:00	over 13:15	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		
<b>Max HR</b>	<b>70%</b>	<b>85%</b>			
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			
			<p>The highest Heart Rate you achieved on the maximal effort treadmill test is a good estimate of your true functional <b>Maximal Heart Rate</b>. This assumes you were able to give an all-out aerobic effort and were not limited by orthopedic or other problems.</p>		
			<p>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 firefighter.</p>		
			<p>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>		
			<p>*Max VO2 = (483/ 1.5 run time) +3.5          Example: run time = 11min. 15 sec.          Max VO2= (483/11.25)+3.5= 46.4 ml/kg          .          or, refer to page Appendix B in the Wellness/ Fitness Exercise Manual</p>		