

PERFORMANCE 101: How can I determine my aerobic fitness?

Simple way to determine Aerobic Fitness.



- Choose a Machine to test yourself on (treadmill, bike, elliptical). Make sure you are healthy enough to test yourself (See PAR Q Form).
- Choose an Intensity: non-maximal intensity **A. (Non-PEAK)** or maximal intensity **B. (PEAK)**. If **Non-PEAK** work at a **Somewhat Difficult to Difficult Level (RPE of 5-6 see chart)**. If **PEAK** work at a **MAXIMAL Level**. I suggest the **Non-PEAK** Test for most. Only people who consider themselves fit should attempt a **PEAK** Test.
- Find the highest Intensity you can sustain for 3 minutes after a warm up period of 2-3 incremental 2-3 minute stages (INTENSITY VALUES=METS, WATTS, MPH & INCLINE). Most exercise machines display a MET value. If you used WATTS use a calculation to convert to METS (see calculation, must include body weight). If you used MPH/INCLINE use a calculation to convert to METS (see calculation, must include body weight).
- Compare your MET Intensity to Chart Below. If you did a **Non-PEAK Test multiply that MET value by 1.3**.
- If your MET value was **<20 percentile your health may be at risk because of low fitness**. If **between 30-50 percentile you are in a somewhat healthy category**. If **between 50-70 your are in a Fit Category**. If **70 percentile and greater you are in a high fitness category**.

WHAT MET VALUE DID YOU SUSTAIN? What are METS?

Aerobic Capacity Testing for Women

Maximum Aerobic Capacity Achieved (in METs) by age

Percentile	20-29	30-39	40-49	50-59	60+
• 90	12.5	11.7	11.3	10.1	10.0
• 80	11.7	11.0	10.4	9.2	8.9
• 70	10.9	10.5	9.7	8.8	8.4
• 50	10.0	9.7	8.8	8.1	7.4
• 30	9.2	8.7	8.1	7.3	6.8
• 10	8.1	7.6	7.2	6.4	6.0

Aerobic Capacity Testing for Men

Maximum Aerobic Capacity Achieved (in METs) by age

Percentile	20-29	30-39	40-49	50-59	60+
• 90	14.7	14.4	13.8	12.9	12.1
• 80	13.8	13.4	12.6	11.7	10.9
• 70	13.4	12.7	11.9	11.0	10.1
• 50	12.1	11.7	10.9	10.1	9.1
• 30	11.3	10.7	10.0	9.2	8.2
• 10	9.9	9.3	8.8	8.0	6.6

10	EXTREMELY HARD MAX!	Gasping for Air Sustain 5-20 Seconds
9	VERY, VERY HARD	Breathless, Very Labored Sustain ~1 Minute
8	VERY HARD	Cannot Talk, Labored Sustain a Few Minutes
7	HARD	Deep Forced Breathing Sustainable
6	MODERATELY HARD	Deep Breathing Talking is Challenging
5	SOMEWHAT HARD	Heavy Breathing
4	MODERATE	Talking is Uncomfortable
3	EASY	Light Rhythmic Breathing Can Maintain for Hours
2	VERY EASY	Can Talk in Complete Sentences
1	VERY, VERY EASY	Restful Breathing Can Sing

If you determined your aerobic fitness level and know your PEAK MET. To compare that to this chart by multiplying that value by 3.5. So if you were able to max out at 10 METS during the PEAK Test or 7.7 during the Non-Peak Test your score would be 35 ml/kg/min. [Learn more about Vo2 Max here.](#)

Female (ml/kg/min)

VO2Max Chart

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 38.9	39.0 - 41.9	>41.9
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 36.9	37.0 - 41.0	>41.0
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 35.6	35.7 - 40.0	>40.0
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 32.8	32.9 - 36.9	>36.9
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 31.4	31.5 - 35.7	>35.7
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 50.9	51.0 - 55.9	>55.9
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 46.4	46.5 - 52.4	>52.4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 44.9	45.0 - 49.4	>49.4
40-49	<30.2	30.2 - 33.5	33.6 - 38.9	39.0 - 43.7	43.8 - 48.0	>48.0
50-59	<26.1	26.1 - 30.9	31.0 - 35.7	35.8 - 40.9	41.0 - 45.3	>45.3
60+	<20.5	20.5 - 26.0	26.1 - 32.2	32.3 - 36.4	36.5 - 44.2	>44.2