

Assessing Your Running Fitness

Complete either the “Mile Test” or the “12 Minute Test”

- 1) Instructions for “Mile Test”: Run 4 laps on a standard track (13 laps on SRC track). Don’t race at full speed, but run at a comfortable pace, taking walk breaks if necessary. Place yourself in one of the three levels of fitness (high, average, low) according to your time, gender, age.

Age	High	Average	Low
13-19	sub 7:00	7:00-8:29	8:30 plus
20-29	sub 7:30	7:30-8:59	9:00 plus
30-39	sub 8:00	8:00-9:29	9:30 plus
40-49	sub 8:30	8:30-9:59	10:00 plus

<http://www.exrx.net/Calculators/MinuteRun.html>

- 2) Instructions for “12 Minute Test” (or Cooper 12 minute run): Run 12 minutes around a track. Start at a pace you can maintain throughout the 12 minutes. Increase the pace slightly in the last 1-2 minutes. Aim to feel tired but exhilarated ☺ at the finish, not exhausted. Grade yourself by the following standards (adjust accordingly for SRC track):

Superior: 8 $\frac{3}{4}$ laps or more (standard track)

High: 7 $\frac{1}{2}$ to 8 $\frac{1}{2}$ laps (standard track)

Average: 5 $\frac{3}{4}$ to 7 $\frac{1}{4}$ laps (standard track)

Low: 5 $\frac{1}{2}$ or fewer (standard track)

Setting Your Running Goal

What do you want to accomplish?

___ Run a road race (if so, what distance? 5K, 10K, $\frac{1}{2}$ marathon, marathon, other)

___ Complete the mile test in a certain time (what is your goal time? _____)

___ Complete a certain number of laps in the 12-Minute Test (what is your goal? ___ laps)

___ Other _____