

County of Los Angeles Fire Department

Cardiovascular Fitness Worksheet

Name: _____

Date: _____

Treadmill Time: _____

Predicted VO2 max: _____

Classification: _____

Max Heart Rate: _____

70-85% Training Range: _____

<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

<u>Classification</u>	<u>Max VO2</u>	<u>Gerkin Max Treadmill</u>	<u>Implications</u>
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 .
Marginal	40-45 ml/kg	11:00- 12:29	Capable of sustaining the most arduous firefighting tasks for several minutes with a near maximal effort.
Inadequate	< 40 ml/kg	under 11:00 <small>*Includes 3 min. initial warm-up stage</small>	Aerobic capacity insufficient to sustain the most arduous firefighting tasks such as stair climbing for more than 3 minutes.

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.