

CHESTER TREADMILL WALK TEST

TIME (Minutes)	SPEED	GRADIENT (%)	PREDICTED VO ₂
0-2	6.2 kmh or 3.9 mph	0	14 After 2 minutes
2-4	"	3	19 " 4 "
4-6	"	6	25 " 6 "
6-8	"	9	31 " 8 "
8-10	"	12	36 " 10 "
10-12	"	15	42 " 12 "

Must complete the
12-minute test;
**FIT FOR
DUTY**

SAFETY ADVICE

- **If you are not sure about your blood pressure (BP), have it check by your GP.**
- **Do not do the test if you know your BP is equal to or over 160 systolic and/or equal to or over 100 diastolic or you show any contraindications to exercise similar to those listed below.**
- Walk middle to front of the machine to prevent getting too close to the back.
- Always ensure there is sufficient room at the back of the machine to prevent injury if you fall off the back.
- Before operating the treadmill, remove anything from around the edges of the machine which could fall on to the belt.
- If you experience chest pain, dizziness, shortness of breath or any other sensation that is unfamiliar to you when you do exercise, especially when you wouldn't expect to feel exhausted in the early stages of the test, gradually slow the machine down and stop the test. **DO NOT PUSH THROUGH IT.**
- If you experience unfamiliar **SEVERE** pain and stiffness in your joints or muscles, gradually slow the machine down and stop the test. **DO NOT TRY TO PUSH THROUGH IT.**

- Ensure you have a 2-minute warm-up to familiarise yourself with the treadmill and to reduce the risk of injury.
- Stop the machine to stretch the calf, hamstrings and quadriceps muscles after the warm-up.
- Reset the machine and start the test.
- Walk at 6.2kmh or 3.9mph at 0% for 2 minutes.
- Speed remains the same but every 2 minutes thereafter, increase gradient by 3%.
- Test is completed after 12 minutes at 15% gradient.
- You are **NOT** allowed to run during the test or hold onto the machine at any time.
- **The test must be stopped if you are showing overt signs of distress and exhaustion**
- **After you have finished the test reduce the gradient to 0 % and spend 2 minutes gradually reducing the speed so that your heart rate has sufficient time to return to normal. DO NOT STOP THE TEST IMMEDIATELY.**