

Jordan's VO₂ max test

Male Age 20

Time	Stage	Grade (%)	Speed (mph)	RPE	HR (bpm)	RER	VO ₂ (mL/kg/min)	VCO ₂ (mL/min)	RR (br/min)	Vt BTPS (mL)
Rest	0	0	0	1	84	0.98	5.9	466	14	1029
0:00-1:00	1	0	6	2	94	0.87	28.2	1962	47	1316
1:00-2:00	2	2	6	3	146	0.94	32.6	2475	49	1539
2:00-3:00	3	4	6	3	156	0.99	35.5	2848	47	1798
3:00-4:00	4	6	6	4	167	0.98	39.2	3077	43	1970
4:00-5:00	5	8	6	5	173	1.01	41.8	3618	48	2165
5:00-6:00	6	10	6	7	180	1.12	45.4	4214	50	2433
6:00-7:00	7	12	6	9	187	1.19	48.1	4603	55	2496
End 7:15	8	14	6	10	189	1.23	47.1	4643	57	2503

Note: All data was collect during the last 5-10 sec of each stage
 Max VO₂ does not occur right at the end of the test, but usually during the last few minutes of the subjects exertion
 Jordan reached a **48.1 VO₂max**