

WALK A MILE TEST – Aerobic Fitness

VO2 Fitness Chart -- FEMALE						VO2 Fitness Chart -- MALE					
Age	Low	Fair	Avg.	Good	High	Age	Low	Fair	Avg.	Good	High
10-19	<28	29-34	35-41	42-52	53+	10-19	<28	29-32	38-46	47-56	57+
20-29	<24	24-30	31-37	38-48	49+	20-29	<25	25-33	34-42	43-52	53+
30-39	<20	20-27	28-33	34-44	45+	30-39	<23	23-30	31-38	39-48	49+
40-49	<17	17-23	24-30	31-42	42+	40-49	<20	20-26	27-35	36-44	45+
50-59	<15	15-20	21-27	28-37	38+	50-59	<18	18-24	25-33	34-42	43+
60-69	<13	13-17	18-23	24-34	35+	60-69	<16	16-22	23-30	31-41	41+