

One-Mile Run/Walk (revised 2009)

Test Objective and Rationale

The objective of the test is to cover the distance of one mile in as short a time as possible. The purpose of the test is to measure cardiorespiratory or aerobic endurance. The one-mile run/walk is a good indicator of the ability of the circulatory and respiratory systems to supply oxygen to functioning muscles, in other words the capacity to perform activities using large muscle groups over an extended period of time. The importance of cardiorespiratory fitness lies in the fact that heart disease is a leading cause of death in our society.

Test Preparation

- Students will receive ample instruction on pacing and practice in running for distance.
- Emphasis will be place on developing the fastest pace that can be sustained for the full distance run.
- A warm-up time should precede the test.

Test Performance

Students are asked to do their very best when participating in the run/walk.

Scoring

Students' scores will be recorded to the nearest minutes and seconds

One-Mile Run/Walk Standards		
Boys		
Age	Health Fitness Zone	High Fitness Performance Zone
8	12:30-10:00	<10:00
9	12:00-9:30	<9:30
10	11:30-9:00	<9:00
11	11:00-8:30	<8:30
12	10:30-8:00	<8:00
13	10:00-7:30	<7:30
14	9:30-7:00	<7:00
15	9:00-7:00	<7:00
16	8:30-7:00	<7:00
17	8:30-7:00	<7:00
18	8:30-7:00	<7:00
Girls		
Age	Health Fitness Zone	High Fitness Performance Zone
8	12:30-10:00	<10:00
9	12:30-9:30	<9:30
10	12:30-9:00	<9:30
11	12:00-9:00	<9:00
12	12:00-9:00	<9:00
13	11:30-9:00	<9:00
14	11:00-8:30	<8:30
15	10:30-8:30	<8:00
16	10:00-8:00	<8:00
17	10:00-8:00	<8:00
18	10:00-8:00	<8:00