



NOTTINGHAMSHIRE

Fire & Rescue Service

Creating Safer Communities

Chester Treadmill Fitness Test

The Chester Treadmill Fitness Test is a 12-minute graded test designed to assess whether an individual can achieve the minimum recommended standard aerobic capacity of 42mlsO₂/kg/min. The Chester treadmill test was designed specifically for Fire and Rescue Services.

Note: Depending on your technique you may walk or adopt a gentle jog at the set speed. **Ensure you stay on the treadmill and don't hold on to the railings or bars at any time during the test.**

Warm up

Walk on treadmill at 0% for approx. 2-3mins, gradually increasing speed to 6.2km/hr (3.9mph), then start test.

Test Protocol

SPEED 6.2km/hr or 3.9mph

Level 1:

0-2 minutes at 0% gradient. At the end of the level increase the gradient to 3%.

Level 2:

2-4 minutes at 3%. At the end of the level increase the gradient to 6%.

Level 3:

4-6 minutes at 6%. At the end of the level increase the gradient to 9%.

Level 4:

6-8 minutes at 9%. At the end of the level increase the gradient to 12%.

Level 5:

8-10 minutes at 12%. At the end of the level increase the gradient to 15%.

Level 6:

10-12 minutes at 15%. End of test. After 12 minutes, you will have reached the required fitness standard of 42mlsO₂/kg/min.

On completing the test cool down for 3-5 minutes on a slower speed and flat gradient ensuring your breathing and heart rate is regulated to normal levels before you stop completely.