



Aerobic Run Test Guidance for athletes

The Aerobic Run Test is an easy way of measuring your fitness. You can do it without too much stress on the body and, unlike a race, there is no need to taper for it. Training can carry on pretty much the same as if you weren't doing the test.

The test is a simple 1.5mile continuous run, carried out at a specific heart rate. It should be done on a flat course or a running track, while wearing a heart rate monitor. The test will be done regularly, throughout the course

To calculate your maximum aerobic heart rate:

$(\text{Max HR} - \text{resting HR}) \times 0.8 + \text{resting HR} = \text{maximum aerobic heart rate}$

e.g. $(180 - 40) \times 0.8 + 40 = 152$

you may find running at this HR quite difficult at the beginning - you may feel like you can't run that slowly. For athletes who find this, it's worth knowing that your pace at this heart rate will increase rapidly - by the end of the first month, you will be running significantly faster.

The Test

- You will need your HR monitor.
- Use a flat course or use a track (do 4 laps of a 400m course).
- When you repeat the test, do the exact same course as previously done.
- You will be running this test at a constant heart rate.

Warm up:

10mins easy run, 5mins build to desired HR. 4x30secs build to fast, 30secs easy. Dynamic stretching.

Main Set:

TEST: Make sure that when you start the run, your HR is already at the expected HR. Run a constant 1.5 mile run, holding constant heart rate. Have someone time you for the 1.5mile run (OR record the 1.5miles exactly on your watch by lapping when you start and when the 1.5miles comes to an end.)

Cool Down:

5 - 10 mins jog/walk, stretch as appropriate.

What should you record?

- The time taken to complete 1.5miles
- The average HR for the 1.5miles
- Weather conditions
- How you were feeling before, during and after the run.