

NORMS OF 1 MILE ROCK PORT TEST

To determine your cardiovascular fitness, you would grade your VO2 max results based on your age and gender.

VO2 Max Norms for Women						
Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	Under 25.0	25.0-30.9	31.0-34.9	35.0-38.9	39.0-41.9	Over 41.9
20-29	Under 23.6	23.6-28.9	29.0-32.9	33.0-36.9	37.0-41.0	Over 41.0
30-39	Under 22.8	22.8-26.9	27.0-31.4	31.5-35.6	35.7-40.0	Over 40.0
40-49	Under 21.0	21.0-24.4	24.5-28.9	29.0-32.8	32.9-36.9	Over 36.9
50-59	Under 20.2	20.2-22.7	22.8-26.9	27.0-31.4	31.5-35.7	Over 35.7
60+	Under 17.5	17.5-20.1	20.2-24.4	24.5-30.2	30.3-31.4	Over 31.4

VO2 Max Norms for Men						
Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	Under 35.0	35.0-38.3	38.4-45.1	45.2-50.9	51.0-55.9	Over 55.9
20-29	Under 33.0	33.0-36.4	36.5-42.4	42.5-46.4	46.5-52.4	Over 52.4
30-39	Under 31.5	31.5-35.4	35.5-40.9	41.0-44.9	45.0-49.4	Over 49.4
40-49	Under 30.2	30.2-33.5	33.6-38.9	39.0-43.7	43.8-48.0	Over 48.0
50-59	Under 26.1	26.1-30.9	31.0-35.7	35.8-40.9	41.0-45.3	Over 45.3
60+	Under 20.5	20.5-26.0	26.1-32.2	32.3-36.4	36.5-44.2	Over 44.2

The results can help your doctor or [personal trainer](#) design the appropriate fitness plan based on your exercise tolerance. The Rockport walking test can also be used to track your progress every couple of months to see if you have improved.