

VO2 Max Worksheet For Mile

Sophomore First Semester

Estimating VO2 max for the One-Mile formula

W = Weight in KG - 1 lb. is equal to 0.45359237 kilogram

T = Time. Where **time** is in minutes, convert seconds to a decimal.

- Example 6:45 mile: 45 seconds divided by 60 seconds = .75 so you will use 6.75 for time.

H = Heart Rate. When you finish the mile

- Male Athletes $VO_2 \text{ max} = 108.844 - (.1636 * W) - (1.438 * T) - (.1928 * H)$
- Female Athletes $VO_2 \text{ max} = 100.5 - (.1636 * W) - (1.438 * T) - (.1928 * H)$

Example

A male who weighs 130 pounds completed the mile in 6:33, and their heart rate when they finished was 191.

Example Calculation

$$VO_2\text{max} = 108.844 - (.1636 * W) - (1.438 * T) - (.1928 * H)$$

$$VO_2\text{max} = 108.844 - (.1636 * 58.967) - (1.438 * 6.55) - (.1928 * 191)$$

$$VO_2\text{max} = 108.844 - (9.647) - (9.4189) - (36.82)$$

$$\text{Example } VO_2 \text{ Max} = 52.95$$

Your Calculation

$$VO_2\text{max} = \underline{\hspace{2cm}} - (.1636 * W) - (1.438 * T) - (.1928 * H)$$

$$VO_2\text{max} = \underline{\hspace{2cm}} - (.1636 * \underline{\hspace{2cm}}) - (1.438 * \underline{\hspace{2cm}}) - (.1928 * \underline{\hspace{2cm}})$$

$$VO_2\text{max} = \underline{\hspace{2cm}} - (\underline{\hspace{2cm}}) - (\underline{\hspace{2cm}}) - (\underline{\hspace{2cm}})$$

$$\text{Your } VO_2 \text{ Max} = \underline{\hspace{2cm}}$$

Attach Polar and HR Data Below