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 max = 108.844 - (.1636 *W) - (1.438 * T) - (.1928 * H)
- Female Athletes VO_2 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

VO2max = 108.844 - (.1636 *W) - (1.438 * T) - (.1928 * H)

VO2max = 108.844 - (.1636 *58.967) - (1.438 * 6.55) - (.1928 * 191)

VO2max = 108.844 - (9.647) - (9.4189) - (36.82)

Example VO2 Max = 52.95

Your Calculation

VO2max = _____– (.1636 * W) – (1.438 * T) - (.1928 * H)

VO2max = _____ – (.1636 * _____) – (1.438 * _____) - (.1928 * _____)

VO2max = _____ - ( ) – ( ) – ( )

Your VO2 Max = _____

Attach Polar and HR Data Below