

## Royal Berkshire Fire and Rescue Service – treadmill test programmes

### Programme 1

Speed 3.9mph / 6.2 kph

3 minutes 0% gradient  
3 minutes 3% gradient  
3 minutes 6% gradient  
3 minutes 9% gradient  
3 minutes 12% gradient  
3 minutes 15% gradient

Total 18 minutes

Cool down reduce speed 0% gradient

Progressions:  
Increase the duration at each gradient

### Programme 2

Speed 3.9mph / 6.2 kph

2 minutes 0% gradient  
2 minutes 3% gradient  
2 minutes 6% gradient  
2 minutes 9% gradient  
2 minutes 12% gradient  
2 minutes 15% gradient  
2 minutes 12% gradient  
2 minutes 9% gradient  
2 minutes 6% gradient  
2 minutes 3% gradient  
2 minutes 0% gradient

Total 22 minutes

Cool down reduce speed 0% gradient

Progressions:  
Increase the duration at each gradient

### The test

Speed 3.9mph / 6.2 kph

2 minutes 0% gradient  
2 minutes 3% gradient  
2 minutes 6% gradient  
2 minutes 9% gradient  
2 minutes 12% gradient  
2 minutes 15% gradient

Total 12 minutes

Cool down reduce speed 0% gradient

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### **Programme 3**

Speed 3.9mph / 6.2 kph

Warm up 5 minutes 1% gradient

2 minutes 9% gradient  
2 minutes 12% gradient  
2 minutes 15% gradient  
2 minutes 12% gradient  
2 minutes 9% gradient  
2 minutes 12% gradient  
2 minutes 15% gradient  
2 minutes 12% gradient  
2 minutes 9% gradient

Total 23 minutes

Cool down reduce speed 0% gradient

Progressions:

Increase the duration at each gradient

Add another set up and down 9%, 12% and 15% gradient

### **Programme 4**

Speed 3.4mph / 5.5 kph

Warm up 5 minutes 1% gradient

15 minutes at either 9% / 12% or 15% gradient

Cool down reduce speed 0% gradient

Progressions:

Increase the duration

Make sure you attempt the higher gradients