

Royal Berkshire Fire and Rescue Service – Firefighter Recruitment / Fitness

Treadmill Test

The Treadmill Test is a 12 minute graded, treadmill walking test designed to assess whether or not a candidate can achieve the firefighter fitness standard of 42mls O₂/kg/min.

The Test

The candidate is asked to walk on the treadmill at 0% for a 2 minute warm up, during which the speed is gradually increased to 6.2 kph, when the test is started.

Level 1: 0-2 minutes at 0% gradient.

Level 2: 2-4 minutes at 3% gradient.

Level 3: 4-6 minutes at 6% gradient.

Level 4: 6-8 minutes at 9% gradient.

Level 5: 8-10 minutes at 12% gradient.

Level 6: 10-12 minutes at 15% gradient. End of test.

At the end of 12 minutes the gradient is returned to 0% and the speed reduced to enable the candidate to cool down.

After 12 minutes, the subject will have reached the required fitness standard of 42mls O₂/kg/min.

Notes

The candidate should not hold on to the treadmill handrails at any point during the test. The test is terminated if the candidate holds on.

Before the test the candidate's blood pressure will be taken.

The candidate should wear comfortable fitness training clothing and training shoes.

A heart rate monitor will be used for safety purposes only.

Training Programmes

The following programmes have been devised to improve performance on the Treadmill Test. It is recommended that each programme is attempted in turn and the progressions are used when the initial programme becomes comfortable.

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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

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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