

Test Protocol for Exercise Oxygen Consumption Study

Running Speeds (mph):

5.0 = 12 min/mi

6.0 = 10 min/mi

7.0 = 8:34 min/mi

8.0 = 7:30 min/mi

9.0 = 6:40 min/mi

Walking Speeds (mph):

2.5 = 24 min/mi

3.0 = 20 min/mi

3.5 = 17:08 min/mi

4.0 = 15 min/mi

4.5 = 13:19 min/mi

You will be asked to complete 3 different incremental walking or running speeds. We ask that you find the top speed (within walking or running) you are comfortable maintaining for 8 minutes and the other speeds will be the two prior. For example, if you are comfortable with a top running speed of 8mph (7:30 minute miles), your other two speeds will be 6 & 7 mph. Your speeds will be randomized and you will be allowed a few minutes for adequate warm up prior to testing. You may try out the different top end speeds before testing begins to help you choose.

You will be hooked up to a metabolic cart using a mouth-piece and nose-clip. After sitting quietly for 10 minutes (rest phase), exercise will begin. Exercise bouts will last 8 minutes, followed by a 5 minute seated rest period. During the first couple minutes of rest, you may remove the mask/nose-clip to drink water, etc.

You may choose to complete just the running protocol, just the walking protocol, or both. You will be compensated \$20 for each protocol, up to \$40 total for both.