

Cooper 12 Minute Run

This is another endurance test you can simply use to predict your VO₂max. Again you only require a stopwatch and a 400m track.

Run or walk continuously for 12 minutes. Again try to maintain a constant pace throughout. Note the total distance covered and use one of the following formulas to predict your VO₂max...

For distance in Meters...

0.0225 x meters covered minus 11.3

For distance in Yards...

0.0206 x yards covered minus 11.3

So if you covered 3000meters for example...

$0.0225 \times 3000 - 11.3 = 56.2$