

Calculate your aerobic capacity using the Rockport Walking Test, a simple procedure described in *The Miracle Workout* in the appendix to chapter 9. Then look up your value in the normative table below to see where you stand amongst the indicated population.

Normative Table for Maximum Aerobic Power (VO_{2MAX}) by Age and Gender*

Normative table for percentile values of maximal aerobic power (VO_{2MAX} in units of mL O_2 per kg. body weight per minute) for predominantly white, college-educated people of different ages.

Percentile	Age Group				
	<u>20 – 29</u>	<u>30 – 39</u>	<u>40 – 49</u>	<u>50 – 59</u>	<u>60+</u>
Men					
90	51.4	50.4	48.2	45.3	42.5
80	48.2	46.8	44.1	41.0	38.1
70	46.8	44.6	41.8	38.5	35.3
60	44.2	42.4	39.9	36.7	33.6
50	42.5	41.0	38.1	35.2	31.8
40	41.0	38.9	36.7	33.8	30.2
30	39.5	37.4	35.1	32.3	28.7
20	37.1	35.4	33.0	30.2	26.5
10	34.5	32.5	30.9	28.0	23.1
Women					
90	44.2	41.0	39.5	35.2	35.2
80	41.0	38.6	36.3	32.3	31.2
70	38.1	36.7	33.8	30.9	29.4
60	36.7	34.6	32.3	29.4	27.2
50	35.2	33.8	30.9	28.2	25.8
40	33.8	32.3	29.5	26.9	24.5
30	32.3	30.5	28.3	25.5	23.8
20	30.6	28.7	26.5	24.3	22.8
10	28.4	26.5	25.1	22.3	20.8

From American College of Sports Medicine *ACSM's Guidelines for Exercise Testing and Prescription*, sixth edition. (Philadelphia: Lippincott Williams & Wilkins, 2000) p. 77, table 4-5. Copyright © 2000 by the ACSM. Reproduced with permission from Lippincott Williams & Wilkins (<http://www.lww.com>).