

## Treadmill test for New Hires

<b>STAGE</b>	<b>TIME (minutes)</b>	<b>SPEED (mph)</b>	<b>INCLINE (% grade)</b>
<i>Warm up</i>	0:00 – 2:59	3.0	0
I	3:00 – 3:59	4.5	0
II	4:00 – 4:59	4.5	2
III	5:00 – 5:59	5.0	2
IV	6:00 – 6:59	5.0	4
V	7:00 – 7:59	5.5	4
VI	8:00 – 8:59	5.5	6
VII*	9:00 – 10:59	6.0	6

The warm-up stage lasts three (3) minutes. Stages I through VI last one (1) minute. Stage VII lasts one (1) minute and 59 seconds. The test will terminate at eleven (11) minutes.