

The Combo Coach

FAB – Aerobic Walk Test

The walking test is my favourite, I LOVE WALKING! We all need to walk more! This test will get you started on your journey to firstly improving your aerobic endurance and cardiovascular fitness and most importantly, its the best way to boost your metabolism and your mood. Secondly, it will make you realise how beneficial even a 5 minute walk can be!

Once you've done this 5 minutes you'll so want to walk for longer!

Strong cardiovascular fitness reduces the risk of heart disease, stroke, and high blood pressure, while also aiding in weight management and boosting metabolism and mood.

Purpose:

Assesses aerobic endurance and cardiovascular fitness.

How to Perform:

- Find a safe area where you can walk a distance of about 500m (or for 5 minutes) and can be repeated without change.
- Walk (or jog) at a comfortable pace for the route selected.
- The easy option is to walk for just over 2 minutes, pick a notable point to turn around, walk back to start.
- Time how long it takes to cover the distance.

Watch the short video:

Exertion level:

You need to be slightly breathless, not out of breath, if necessary slow down. You should not feel pain in any joints, if you do "STOP", a slight bearable discomfort is acceptable.

Regression:

If 500m is too much it can be reduced to an achievable distance, at the end of the walk you need to be slightly breathless.

Progression:

When the selected distance can be completed easily, increase the distance.

Progress Tracking:

Note the time the test took when performed and the start and end point. A shorter time indicates improved endurance.

Tips for Implementation:

1. Practice a few days prior to testing yourself.
2. Ensure a safe environment to reduce the risk of injury.
3. Warm up before tests and allow time to cool down afterward.
4. Don't overdo it, you should be able to breathe easily, you might glow a bit, but that's good.
5. Don't be disappointed in the time, it's your time for you to beat.
6. Do the all the tests on the same day one after the other with a 5 minute rest period between, it won't take long, maximum of 5 minutes a test, that's just 30 minutes including rest periods.
7. Use the Tracker to record your progress over time, noting any changes or challenges.

This Aerobic test and the other two simple tests provide a clear record of overall fitness and can help set goals for future workouts.