

GERKIN PROTOCOL

(Running / Low Incline)

Gerkin Protocol Treadmill Settings		
Time	MPH	Grade %
1-3 min	3.0	0
3-4 min	4.5	0
4-5 min	4.5	2
5-6 min	5.0	2
6-7 min	5.0	4
7-8 min	5.5	4
8-9 min	5.5	6
9-10 min	6.0	6
10-11 min	6.0	8
11-12 min	6.5	8

Gerkin Protocol Requirements		
Age	Male Time	Female Time
18-39	12:00	11:30
40-49	11:30	10:30
50+	10:30	9:30

BRUCE PROTOCOL

(Walking / Steep Incline)

Bruce Protocol Treadmill Settings		
Time	MPH	Grade %
1-3 min	1.7	10
4-6 min	2.5	12
7-9 min	3.4	14
10-12 min	4.2	16

Bruce Protocol Requirements		
Age	Male Time	Female Time
18-39	12:27	12:12
40-49	11:46	10:50
50+	10:30	9:43