TABLE 2.2
Fitness Classification for 1-Mile Walk Test

Fitness Category	Age (years) 13–19	20–29	30–39	40+
Men				
Very poor	>17:30	>18:00	>19:00	>21:30
Poor	16:01–17:30	16:31–18:00	17:31–19:00	18:31–21:30
Average	14:01–16:00	14:31–16:30	15:31–17:30	16:01–18:30
Good	12:30–14:00	13:00–14:30	13:30–15:30	14:00–16:00
Excellent	<12:30	<13:00	<13:30	<14:00
Women				
Very poor	>18:01	>18:31	>19:31	>20:01
Poor	16:31–18:00	17:01–18:30	18:01–19:30	19:31–20:00
Average	14:31–16:30	15:01–17:00	16:01–18:00	18:01–19:30
Good	13:31–14:30	13:31–15:00	14:01–16:00	14:31–18:00
Excellent	<13:30	<13:30	<14:00	<14:30

Because the 1-mile walk test is designed primarily for older or less conditioned individuals, the fitness categories listed here do not include a "superior" category.

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