

# Bruce treadmill test

Increase speed and grade every 3 minutes according to this schema:

Time (min)	3	6	9	12	15	18	21
Speed (mph)	1.7 2.7 km/h	2.5 4.0 km/h	3.4 5.5 km/h	4.2 6.8 km/h	5.0 8.0 km/h	5.5 8.8 km/h	6.0 9.6 km/h
Grade (%)	10	12	14	16	18	20	22

**Time at exhaustion:** \_\_\_\_\_ min \_\_\_\_sec