



PROTOCOL FOR ANAEROBIC POWER TESTING

300 Meter Run Test

Purpose

Measure of anaerobic power. This test is recommended as part of the public safety fitness assessment battery.

Equipment

400 meter running track, or any measured 300 meter flat surface that provides good traction, running shoes. Irregular surfaces such as loose gravel are not acceptable.

Procedures

1. As with all physical tests, medical screening should precede testing.
2. As with all physical tests, warm up and stretching should precede testing.
3. If using a 400 meter track, client runs 3/4 of 1 lap (inside lane) at maximal level of effort. Time used to complete distance is recorded in seconds. Consult norms to determine fitness category.
4. Client should walk for 3-5 minutes immediately following test to cool down. This is an important safety consideration.

Percentile	Males				Females				
	Age				Age				
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59	
99th	42.6	42.0	47.0	52.0	54.0	55.0	65.0	NA	
95th	46.0	46.1	52.0	58.0	54.3	56.5	65.0		S
90th	48.0	49.0	55.0	61.0	56.0	60.0	66.0		
85th	49.0	50.0	56.0	63.0	58.0	63.5	68.2		
80th	50.3	51.0	57.0	66.4	58.3	66.0	72.0		E
75th	51.0	52.0	60.0	68.0	59.7	66.5	72.0		
70th	52.0	53.0	61.0	70.0	60.0	68.0	75.3		
65th	53.5	54.0	62.0	72.0	61.0	69.9	78.7		
60th	54.0	55.0	64.0	74.0	61.0	71.0	79.0		G
55th	55.0	56.0	66.0	77.4	62.7	72.0	80.5		
50th	56.0	57.0	67.6	80.0	64.0	74.0	86.0		
45th	57.5	58.0	70.0	82.6	68.5	75.5	91.7		
40th	59.0	58.9	72.0	83.2	71.0	79.0	94.0	109.0	F
35th	60.0	61.0	74.8	85.0	74.5	80.5	101.8		
30th	62.1	63.0	77.0	87.0	75.0	82.0	106.7		
25th	64.0	65.0	81.0	89.0	76.0	85.5	109.3		
20th	66.0	68.0	83.0	95.0	78.0	86.0	110.0		P
15th	69.0	70.0	86.0	99.0	88.0	93.5	116.0		
10th	73.4	74.9	90.0	101.6	97.0	100.0	121.5		
5th	81.3	80.9	104.0	112.0	106.7	114.0	125.0		
1st	95.1	113.9	143.0	184.0	120.0	210.0	125.0		VP

Note: These norms are based on a small sample of police officers (n=500) and should be used cautiously.