**HR$_{max}$ Testing Protocol**

1. Spend 10 minutes on a run-specific warm-up.
2. Complete a 2-mile run at an uncomfortable, but manageable pace. This pace should be roughly 80% of your best ACFT time.
3. Continue to run an additional .25 miles (400m) at a maximum effort sprint pace.
4. Stop running and immediately check your pulse through a HR monitor or count the BPM from your radial artery.

**VO2$_{max}$ Testing Protocol**

1. Spend 10 minutes on a run-specific warm-up.
2. Complete 1.5-mile run as fast as you can and record your time.
3. Calculate your VO2$_{max}$ with this formula:
   - VO2$_{max}$ = (483 / minutes) + 3.5
   - Ex: 1.5MR completed in 11:30
   - VO2$_{max}$ = (483 / 11.5) + 3.5 = 45.5 mL/kg/min