

Grand Canyon Whitewater Preparation Program

YMCA Step Test Instructions

The YMCA Step Test is a useful and easily administered assessment for measuring your cardiovascular (aerobic) fitness level. This assessment is based on your heart-rate recovery, or how fast your heart rate returns to baseline after exercise. As your cardiovascular endurance improves, your heart-rate recovery will be much faster. You will complete the YMCA Step Test before beginning your 6-week training program and then again at the end of the program to assess your progress.

Here's how to do the YMCA Step Test:

- **Equipment Needed:**
 - **A 12-inch box or step (if not available, in most staircases the steps are roughly 6 inches each)**
 - **A stopwatch or timer**
 - **A metronome (there are many smartphone apps with this function as well as online metronomes if needed)**

- **Administration:**
 - **Set your metronome at 96 beats per minute**
 - **Stand facing the step**
 - **When ready, step up and down the step following the beat of the metronome**
 - **Follow this pattern with each beat: up, up, down, down**
 - **Continue for 3 minutes**
 - **After 3 minutes, immediately sit down and find your pulse at either your wrist or your neck**
 - **Count your pulse for 60 seconds**



- Use the chart below to determine your results

Ratings for Men, Based on Age

	18-25	26-35	36-45	46-55	56-65	65+
Excellent	50-76	51-76	49-76	56-82	60-77	59-81
Good	79-84	79-85	80-88	87-93	86-94	87-92
Above Average	88-93	88-94	92-88	95-101	97-100	94-102
Average	95-100	96-102	100-105	103-111	103-109	104-110
Below Average	102-107	104-110	108-113	113-119	111-117	114-118
Poor	111-119	114-121	116-124	121-126	119-128	121-126
Very Poor	124-157	126-161	130-163	131-159	131-154	130-151

Ratings for Women, Based on Age

	18-25	26-35	36-45	46-55	56-65	65+
Excellent	52-81	58-80	51-84	63-91	60-92	70-92
Good	85-93	85-92	89-96	95-101	97-103	96-101
Above Average	96-102	95-101	100-104	104-110	106-111	104-111
Average	104-110	104-110	107-112	113-118	113-118	116-121
Below Average	113-120	113-119	115-120	120-124	119-127	123-126

Poor	122-131	122-129	124-132	126-132	129-135	128-133
Very Poor	135-169	134-171	137-169	137-171	141-174	135-155

To get the most out of your trip, it is recommended that you score in the “above average” category or higher for your age group **AFTER** completing the 6-week preparation program. However, the higher you score, the better prepared you will be to get the most out of your trip!

After completing the training program, if your results are not at least in the “above average” category or higher, **DO NOT WORRY!** This absolutely does not mean you won’t have an awesome time on your trip. Rather, it is recommended that you spend an additional 2 weeks focusing only on the aerobic portion of the training program. In place of the two strength training days, you’ll want to do 2 additional days of “Aerobic A.” The training schedule would be as follows:

- Day 1: Aerobic Program “A”
- Day 2: Aerobic Program “A”
- Day 3: Rest Day
- Day 4: Aerobic Program “B”
- Day 5: Aerobic Program “A”
- Day 6: Aerobic Program “C”
- Day 7: Rest Day

GOOD LUCK!!

