

The 12-Minute Swim Test

- Locate a swimming area with premeasured distances, preferably 20 yards or longer.
- After a warm-up, swim as far as possible in 12 minutes using the stroke of your choice.
- For best results, have a partner keep track of your time and distance. A degree of swimming competence is a prerequisite for this test.
- Determine your score and rating using Chart 7.

Chart 7 ▶ Twelve-Minute Swim Rating Chart (Score in Yards)

Classification	Men (Age)			
	17–26	27–39	40–49	50+
High-performance zone	700+	650+	600+	550+
Good fitness zone	600–699	550–649	500–599	450–549
Marginal fitness zone	500–599	450–459	400–499	350–449
Low fitness zone	below 500	below 450	below 400	below 350

Classification	Women (Age)			
	17–26	27–39	40–49	50+
High-performance zone	600+	550+	500+	450+
Good fitness zone	500–599	450–549	400–499	450–549
Marginal fitness zone	400–499	350–359	300–399	250–349
Low fitness zone	below 400	below 350	below 300	below 250

For a metric version of this chart, see Appendix B.

Based on data from Cooper, K. H.

Directions:

To determine your threshold of training and target heart rates, locate your resting heart rate on the left and your age across the top. The values at the point where the lines intersect are your threshold and target heart rates.

Chart 8 ▶ Determining Threshold of Training* and Target Zone Heart Rates Using Resting Heart Rate and Age

Resting Heart Rate		Less Than 25	Age								
			25–29	30–34	35–39	40–44	45–49	50–54	55–59	60–64	Over 65
Below 50	Threshold	107	105	103	102	101	99	98	97	96	95
	target zone	107–170	105–167	103–164	102–161	101–159	99–155	98–151	97–148	96–146	95–139
50–54	Threshold	110	108	106	104	102	101	102	100	99	98
	target zone	110–170	108–167	106–164	104–162	102–160	101–156	102–153	100–150	99–147	98–140
55–59	Threshold	113	111	109	107	106	105	104	103	102	101
	target zone	113–171	111–168	109–163	107–162	106–160	105–157	104–154	103–150	102–146	101–140
60–64	Threshold	116	113	111	109	108	107	106	105	104	104
	target zone	116–171	113–169	111–166	109–163	108–161	107–159	106–155	105–151	104–147	104–141
65–69	Threshold	118	117	115	112	111	110	109	108	107	108
	target zone	118–172	117–170	115–166	112–163	111–161	110–159	109–155	108–152	107–148	108–142
70–74	Threshold	121	120	118	119	116	114	113	112	111	110
	target zone	121–173	120–171	118–167	119–164	116–162	114–160	113–156	112–153	111–149	110–143
75–79	Threshold	124	123	122	121	119	117	116	114	113	112
	target zone	124–173	123–172	122–168	121–164	119–163	117–160	116–157	114–155	113–151	112–143
80–85	Threshold	127	124	123	122	121	119	118	117	116	114
	target zone	127–174	124–172	123–169	122–165	121–164	119–161	118–158	117–156	116–152	114–144
86 and over	Threshold	130	125	126	125	124	123	121	119	117	117
	target zone	130–175	125–173	126–169	125–166	124–164	123–162	121–159	119–157	117–154	117–145

*Threshold for beginners. Mid target or above recommended after becoming a regular exerciser.