Costill and Fox (1969)
For: highly trained
Warm-up: 10-min walk or run
Initial workload: 8.9 mph, 0%, 2 min

Maksud and Coutts (1971)
For: highly trained
Warm-up: 10-min walking, 3.5 mph, 0%
Initial workload: 7 mph, 0%, 2 min

Naughton et al. (1964)
For: cardiac and high risk
Initial workload: 1 mph, 0%, 2 min

Modified Astrand (Pollock et al. 1978)
For: highly trained
Warm-up: 5-min walk or jog
Initial workload: 5-8 mph, 0%, 3 min

Bruce et al. (1973)
For: normal and high risk
Initial workload: 1.7 mph, 10%, 3 min = normal
1.7 mph, 0-5%, 3 min = high risk

Modified Astrand (Pollock et al. 1978)
For: highly trained
Warm-up: 5-min walk or jog
Initial workload: 5-8 mph, 0%, 3 min

Wilson et al. (1978)
For: cardiac and high risk
Initial workload: 1.5 mph, 0%, 3 min

Figure 4.2 Treadmill exercise test protocols.

Figure 4.2 (continued)