

## Chester Treadmill Walking Test

To become a firefighter with Cambridgeshire Fire and Rescue Service, you need to meet a good level of physical fitness. One of the ways we assess this is through the **Chester Treadmill Walking Test**.

This test was specially developed for fire services by a leading fitness expert at Chester University. It measures your **aerobic fitness**— how well your body uses oxygen during exercise, which is important for handling the physical demands of the job without tiring too quickly.

Here's how it works:

- You'll walk on a treadmill at a steady speed of **6.2 km/h (3.8 mph)**.
- For the first **2 minutes**, the treadmill is flat.
- After that, the incline increases by **3% every 2 minutes**.
- By the end of **12 minutes**, the incline will reach **15%**.

To pass the test, you need to walk the full **12 minutes** without help or stopping.

Important: The assessor will stop the test if they have any concerns about your safety.

If the test is stopped early or you choose to stop, it will count as a fail.

### Tips for success

**Prepare in advance** — Build up your fitness with regular walking, brisk walking uphill, or treadmill workouts.

**Wear suitable kit** — Bring comfortable, supportive trainers and sportswear.

**Stay hydrated** — Drink water before and after the test (but avoid heavy meals right before).

**Pace yourself** — Focus on steady breathing and keep a consistent walking rhythm.

**Please note: If you have any medical concerns or conditions, speak to your doctor before starting any fitness training or taking the test.**



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