

Supplemental Table 1. Final model for estimating cardiorespiratory fitness^a (VO₂peak, mL/kg/min) using a usual-paced 400m long distance corridor walk: Study of Energy and Aging – Pilot (N=34)

Variable	β Coefficient (Standard Error)	P-value	Partial R²
Intercept	65.40 (10.54)		
Usual-paced 400m walk time ^b , per 30s	1.46 (0.04)	.0002	0.41
Age, years	-0.31 (0.17)	.03	0.08
Physical fatigue score ^c	-0.37 (0.17)	.03	0.08

Model R² = 0.57

^aMeasured using a treadmill cardiopulmonary exercise testing with a modified Balke protocol

^bParticipants asked to walk at their “usual or normal walking pace” down a long corridor marked with traffic cones spaced 20m apart

^cMeasured using the Situational Fatigue Scale