

Cooper Fitness Standards

	FEMALE																					
	20-29				30-34				35-39				40-44				45-49					
	Run 12 min.	Run 1.5 Miles Time	SitUp	PushUp	Run 12 min.	Run 1.5 Miles Time	SitUp	PushUp	Run 12 min.	Run 1.5 Miles Time	SitUp	PushUp	Run 12 min.	Run 1.5 Miles Time	SitUp	PushUp	Run 12 min.	Run 1.5 Miles Time	SitUp	PushUp	Run 12 min.	Run 1.5 Miles Time
99%	1.78	8.33	52+	71	1.66	10.05	43+	57	1.63	10.26	40+	59+	1.61	10.47	38+	61+	1.54	11.38	34+	51+	1.48	12
95%	1.61	10.47	51	45	1.53	11.49	42	39	1.49	12.2	39	36	1.45	12.51	37	33	1.39	13.36	33	30	1.33	1
90%	1.54	11.43	48	42	1.45	12.51	40	36	1.43	13.07	37	32	1.41	13.22	34	28	1.35	14.09	31	26	1.29	14
85%	1.49	12.2	45	39	1.43	13.06	37	33	1.39	13.36	34	29	1.35	14.06	32	26	1.29	14.48	28	24	1.24	15
80%	1.45	12.51	44	36	1.38	13.43	35	31	1.35	14.07	32	27	1.32	14.31	29	24	1.26	15.14	26	22	1.21	15
75%	1.41	13.22	42	34	1.35	14.08	33	29	1.32	14.33	30	25	1.29	14.57	28	21	1.24	15.31	25	21	1.2	16
70%	1.37	13.53	41	32	1.33	14.24	32	28	1.29	14.55	29	24	1.25	15.19	27	20	1.21	15.57	24	20	1.17	16
65%	1.35	14.08	39	31	1.29	14.5	30	26	1.26	15.16	27	22	1.23	15.41	25	19	1.18	16.16	23	19	1.14	16
60%	1.33	14.24	38	30	1.27	15.08	29	24	1.24	15.33	26	21	1.21	15.57	24	18	1.17	16.28	22	18	1.13	16
55%	1.31	14.35	37	29	1.26	15.2	28	23	1.22	15.46	25	20	1.19	16.12	23	17	1.15	16.43	20	16	1.11	17
50%	1.29	14.55	34	26	1.25	15.26	27	21	1.21	15.57	24	18	1.17	16.27	22	15	1.13	16.56	19	14	1.1	17
45%	1.27	15.1	33	25	1.22	15.47	26	20	1.19	16.11	23	17	1.16	16.34	21	14	1.12	17.02	18	13	1.09	17
40%	1.25	15.26	32	23	1.21	15.57	25	19	1.17	16.28	22	16	1.13	16.58	20	13	1.09	17.26	17	12	1.06	17
35%	1.22	15.48	31	22	1.17	16.23	24	17	1.14	16.41	21	14	1.12	16.59	19	11	1.08	17.34	15	11	1.04	18
30%	1.21	15.57	29	20	1.16	16.35	22	15	1.13	17	19	12	1.1	17.24	17	10	1.06	17.54	14	10	1.02	18
25%	1.17	16.26	28	19	1.13	16.58	21	14	1.11	17.14	18	11	1.09	17.29	15	9	1.05	18	13	9	1.01	18
20%	1.16	16.33	27	17	1.11	17.14	20	11	1.08	17.37	17	8	1.05	18	14	6	1.01	18.25	12	6	0.98	18
15%	1.13	16.58	24	15	1.09	17.29	18	9	1.05	17.55	15	6	1.02	18.21	12	4	0.99	18.42	9	4	0.97	19
10%	1.1	17.21	22	12	1.05	18	15	8	1.03	18.16	12	5	1.01	18.31	10	2	0.97	19.01	8	2	0.93	1
5%	1.03	18.14	18	9	1.01	18.31	11	4	0.98	18.48	8	2	0.96	19.05	6	1	0.93	19.31	6	1	0.9	19
1%	0.94	19.25	17	8	0.93	19.27	10	3	0.91	19.46	7	1	0.89	20.04	5	0	0.86	20.26	5	0	0.83	20

50-54				55-59				60+			
Run 12 min.	Run 1.5 Miles Time	SitUp	PushUp	Run 12 min.	Run 1.5 Miles Time	SitUp	PushUp	Run 12 min.	Run 1.5 Miles Time	SitUp	PushUp
1.48	12.28	31+	32+	1.51	12.02	30+	26+	1.55	11.36	29+	21+
1.33	14.2	30	28	1.34	14.13	29	24	1.35	14.06	28	20
1.29	14.55	29	25	1.29	14.55	27	21	1.29	14.55	26	17
1.24	15.29	25	23	1.22	15.43	22	19	1.21	16.57	20	15
1.21	15.57	24	21	1.19	16.09	20	18	1.18	16.2	17	14
1.2	16.05	22	20	1.18	16.16	18	17	1.17	16.27	14	13
1.17	16.27	22	19	1.15	16.43	17	16	1.13	16.58	12	12
1.14	16.51	21	18	1.11	17.1	16	15	1.09	17.29	12	11
1.13	16.58	20	17	1.1	17.22	15	14	1.07	17.46	11	10
1.11	17.12	18	15	1.08	17.37	13	13	1.05	18	9	9
1.1	17.24	17	13	1.06	17.5	12	10	1.03	18.16	8	8
1.09	17.29	16	12	1.05	18	11	9	1.01	18.31	7	6
1.06	17.55	14	11	1.02	18.2	10	8	0.99	18.44	6	5
1.04	18.09	13	10	1.01	18.32	9	7	0.98	18.54	5	4
1.02	18.23	12	9	0.99	18.41	8	6	0.97	18.59	4	3
1.01	18.31	11	8	0.98	18.47	7	5	0.97	19	3	2
0.98	18.49	10	6	0.96	19.05	6	4	0.94	19.21	3	2
0.97	19.02	7	4	0.95	19.18	4	2	0.93	19.33	2	1
0.93	19.3	6	1	0.91	19.47	3	1	0.89	20.04	1	0
0.9	19.57	5	0	0.88	20.1	3	0	0.86	20.23	1	0
0.83	20.47	4	0	0.82	20.57	2	0	0.81	21.06	0	0