

Cooper Fitness Standards

	MALE																			
	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
99%	1.94	6.29	56	101	1.89	7.11	52	87	1.87	7.27	50	76	1.85	7.42	48	65	1.81	8.08	46	58
95%	1.81	8.13	55	62	1.77	8.44	51	52	1.74	9.07	49	46	1.71	9.3	47	40	1.66	10.05	45	40
90%	1.74	9.09	51	57	1.71	9.3	48	46	1.68	9.53	46	41	1.65	11.16	43	36	1.61	10.47	41	33
85%	1.69	9.45	49	51	1.65	10.16	45	41	1.61	10.47	42	37	1.57	11.18	40	34	1.53	11.49	38	31
80%	1.65	10.16	47	47	1.61	10.47	43	39	1.57	11.15	41	34	1.54	11.44	39	30	1.49	12.18	37	27
75%	1.62	10.42	46	44	1.57	11.18	42	36	1.55	11.34	39	32	1.53	11.49	37	29	1.47	12.36	35	26
70%	1.61	10.47	45	41	1.55	11.34	41	34	1.51	12.04	38	30	1.47	12.34	36	26	1.42	13.1	33	23
65%	1.57	11.18	44	39	1.53	11.49	40	31	1.49	12.2	37	28	1.45	12.51	35	25	1.4	13.27	32	22
60%	1.54	11.41	42	37	1.49	12.2	39	30	1.45	12.47	36	27	1.42	13.14	34	24	1.37	13.49	31	21
55%	1.53	11.49	41	35	1.47	12.38	37	29	1.44	13	34	25	1.41	13.22	32	22	1.36	14.01	29	19
50%	1.5	12.18	40	33	1.45	12.51	36	27	1.41	13.22	33	24	1.37	13.53	31	21	1.33	14.24	28	18
45%	1.49	12.2	39	31	1.41	13.22	35	25	1.38	13.45	32	22	1.35	14.08	30	19	1.3	14.43	27	16
40%	1.45	12.51	38	29	1.39	13.36	34	24	1.36	14.03	31	21	1.33	14.29	29	18	1.29	14.58	26	15
35%	1.43	13.06	37	27	1.37	13.53	33	21	1.33	14.2	30	18	1.3	14.47	28	16	1.26	15.2	25	13
30%	1.41	13.22	35	26	1.35	14.08	32	20	1.32	14.32	29	17	1.29	14.56	27	15	1.25	15.27	24	12
25%	1.37	13.53	34	24	1.33	14.24	31	19	1.29	14.55	28	16	1.25	15.26	26	13	1.21	15.55	23	11
20%	1.34	14.13	33	22	1.29	14.52	30	17	1.26	15.17	27	14	1.23	15.41	24	11	1.19	16.12	21	9
15%	1.33	14.24	32	19	1.25	15.2	28	15	1.23	15.39	25	12	1.21	15.57	22	10	1.17	16.28	19	8
10%	1.27	15.1	30	18	1.21	15.52	26	13	1.19	16.1	23	11	1.17	16.28	20	9	1.13	16.59	17	7
5%	1.19	16.12	27	13	1.17	16.27	23	9	1.13	17.1	20	7	1.1	17.23	17	5	1.05	17.57	14	4
1%	1.06	17.48	26	12	1.13	18	22	8	1.05	18.26	19	6	0.98	18.51	16	4	0.95	19.14	13	3

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
1.77	8.44	44	52	1.74	9.07	42	46	1.71	9.3	40	40
1.62	10.4	43	39	1.59	11	41	33	1.57	11.2	39	28
1.57	11.18	39	30	1.53	11.49	37	28	1.49	12.2	35	26
1.49	12.2	36	28	1.45	12.51	33	26	1.41	13.22	31	24
1.45	12.51	35	25	1.41	13.22	32	24	1.37	13.53	30	23
1.41	13.22	33	24	1.35	13.53	30	23	1.34	14.24	28	22
1.38	13.45	31	21	1.33	14.19	28	21	1.29	14.53	26	21
1.35	14.03	30	20	1.3	14.41	27	20	1.26	15.19	24	20
1.33	14.24	28	19	1.28	14.57	25	19	1.24	15.29	22	18
1.31	14.4	27	17	1.26	15.18	24	17	1.21	15.55	21	16
1.29	14.55	26	15	1.24	15.31	23	15	1.19	16.07	20	15
1.26	15.18	25	14	1.21	15.53	22	13	1.17	16.27	19	12
1.25	15.26	24	13	1.2	16.05	21	11	1.15	16.43	18	10
1.22	15.53	22	11	1.17	16.26	19	10	1.13	16.58	17	9
1.21	15.57	21	10	1.16	16.36	18	9	1.11	17.14	16	8
1.17	16.23	20	9	1.12	16.58	17	8	1.08	17.32	15	7
1.15	16.43	19	8	1.1	17.22	16	7	1.05	18	14	6
1.13	16.58	17	7	1.07	17.45	15	6	1.01	18.31	13	5
1.09	17.29	15	6	1.02	18.22	13	5	0.95	19.15	10	4
1.01	18.31	12	3	0.95	19.18	9	3	0.89	20.04	7	2
0.92	19.36	11	2	0.87	20.17	8	2	0.82	20.57	6	1