

Cooper Test

This is the Cooper 12 minute run test. Go to a 400 meter race track. Warm up for about 10 minutes.
Run as fast as you can for 12 minutes and measure your distance

Age	Gender	Very good	Good	Average	Bad	Very bad
13-14	Male	2700+ m	2400- 2700 m	2200- 2399 m	2100 - 2199 m	2100- m
	Female	2000+ m	1900 - 2000 m	1600 - 1899 m	1500 - 1599 m	1500- m
15-16	Male	2800+ m	2500 - 2800 m	2300 - 2499 m	2200 - 2299 m	2200- m
	Female	2100+ m	2000 - 2100 m	1700 - 1999 m	1600 - 1699 m	1600- m
17-20	Male	3000+ m	2700 - 3000 m	2500 - 2699 m	2300 - 2499 m	2300- m
	Female	2300+m	2100 - 2300 m	1800 - 2099 m	1700 - 1799 m	1700- m
20-29	Male	2800+ m	2400 - 2800 m	2200 - 2399 m	1600 - 2199 m	1600- m
	Female	2700+ m	2200 - 2700 m	1800 - 2199 m	1500 - 1799 m	1500- m
30-39	Male	2700+ m	2300 - 2700 m	1900 - 2299 m	1500 - 1899 m	1500- m
	Female	2500+ m	2000- 2500 m	1700 - 1999 m	1400 - 1699 m	1400- m
40-49	Male	2500+ m	2100 - 2500 m	1700 - 2099 m	1400 - 1699 m	1400- m
	Female	2300+ m	1900 - 2300 m	1500 - 1899 m	1200 - 1499 m	1200- m
50+	Male	2400+ m	2000 - 2400 m	1600 - 1999 m	1300 - 1599 m	1300- m
	Female	2200+ m	1700 - 2200 m	1400 - 1699 m	1100 - 1399 m	1100- m