

Phase 1: Entry-Level Physical Fitness Standard – 30% Cooper Institute Norm

MALES	20-29	30-39	40-49	50-59
1.5 <u>mile</u> run	13:16	13:46	14:34	15:58
Plank (30 seconds)	30 secs	30 secs	30 secs	30 secs
Push-ups (1 minute)	26	20	15	10
300-meter run	1:02.1	1:03	1:17	1:27
FEMALES	20-29	30-39	40-49	50-59
1.5 <u>mile</u> run	14:50	15:38	16:21	18:07
Plank (30 seconds)	30 secs	30 secs	30 secs	30 secs
Push-ups (1 minute)	15/23*	11/19*	9/13*	No Data/12*
300-meter run	1:15	1:22	1:46.7	No Data

Phase 2: 14 Week Physical Fitness Standard - 40% Cooper Institute Norm

MALES	20-29	30-39	40-49	50-59
1.5 <u>mile</u> run	12:38	13:04	13:49	15:03
Plank (1 minute)	1 min	1 min	1 min	1 min
Push-ups (1 minute)	29	24	18	13
300-meter run	:59	:58.9	1:12	1:23:2
FEMALES	20-29	30-39	40-49	50-59
1.5 <u>mile</u> run	14:50	15:38	16:21	18:07
Plank (1 minute)	1 min	1 min	1 min	1 min
Push-ups (1 minute)	15/23*	11/19*	9/13*	No Data/12*
300-meter run	1:11	1:19	1:34	No Data

* Modified Exercise