

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

MALES	20-29	30-39	40-49	50-59
<u>1.5 mile run</u>	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
<u>1.5 mile run</u>	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