

Cooper Test For Women

This is the Cooper 12 minute run test for female athletes. 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	Very good	Good	Average	Bad	Very bad
13-14	2000+ m	1900 - 2000 m	1600 - 1899 m	1500 - 1599 m	1500- m
15-16	2100+ m	2000 - 2100 m	1700 - 1999 m	1600 - 1699 m	1600- m
17-20	2300+m	2100 - 2300 m	1800 - 2099 m	1700 - 1799 m	1700- m
20-29	2700+ m	2200 - 2700 m	1800 - 2199 m	1500 - 1799 m	1500- m
30-39	2500+ m	2000- 2500 m	1700 - 1999 m	1400 - 1699 m	1400- m
40-49	2300+ m	1900 - 2300 m	1500 - 1899 m	1200 - 1499 m	1200- m
50+	2200+ m	1700 - 2200 m	1400 - 1699 m	1100 - 1399 m	1100- m