

## PHYSICAL FITNESS STANDARDS FOR PHASES 1 & 2

\* In the charts below, under **1 Minute Push-ups** in the **Female** column, the numbers in parentheses () refer to the number of push-ups to be completed if using a modified push-up form.

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

Age Range	1 Minute Push-ups		30 Second Plank		1.5 Mile Run		300M Run	
	Male	Female*	Male	Female	Male	Female	Male	Female
20-29	26	13 (20)	:30	:30	13:16	15:52	01:02.1	1:15
30-39	20	9 (15)	:30	:30	13:46	16:38	1:03	1:22
40-49	15	7 (10)	:30	:30	14:34	17:22	1:17	01:46.7
50-59	10	NA (9)	:30	:30	15:58	18:59	1:27	NA
60+	8	NA (3)	:30	:30	17:38	21:20	NA	NA

### PHASE 2: 14 Week – 40% Cooper Institute Norm

Age Range	1 Minute Push-ups		1 Minute Plank		1.5 Mile Run		300M Run	
	Male	Female*	Male	Female	Male	Female	Male	Female
20-29	29	15 (23)	1:00	1:00	12:38	14:50	:59	1:11
30-39	24	11 (19)	1:00	1:00	13:04	15:38	:58.9	1:19
40-49	18	9 (13)	1:00	1:00	13:49	16:21	1:12	1:34
50-59	13	NA (12)	1:00	1:00	15:03	18:07	01:23.2	NA
60+	10	NA (5)	1:00	1:00	16:46	20:06	NA	NA