

# Cooper 12-Minute Run Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Examiner: \_\_\_\_\_ Date accomplished: \_\_\_\_\_

## Equipment/materials needed

- A stopwatch or a timer
- A known distance track or a treadmill

## Test procedure

1. Let the test-taker warm-up by engaging in light jogging and dynamic movements for 10-15 minutes.
2. Use a track where distances are clearly marked, or set the treadmill to a slight incline (1%) to simulate outdoor running.
3. Begin the stopwatch as the test-taker starts running. Remind the test-taker to maintain a steady pace to cover as much distance as possible in 12 minutes.
4. At the end of 12 minutes, stop the stopwatch immediately and record the total distance covered.
5. Allow the test-taker to walk for about 10 minutes to gradually lower heart rate.

## Scoring standards

Men (distances in miles, treadmill at 1% grade incline)

	Highest death risk	49% lower	64% lower	76% lower	80% lower
Age	Poor	Fair	Good	Excellent	Superior
18-19	< 1.36 miles	1.37-1.57	1.58-1.67	1.68-1.89	> 1.9
20-29	< 1.32	1.33-1.47	1.48-1.64	1.65-1.83	> 1.84
30-39	< 1.29	1.30-1.39	1.40-1.57	1.58-1.77	> 1.79
40-49	< 1.28	1.29-1.37	1.38-1.52	1.53-1.74	> 1.75
50-59	< 1.11	1.12-1.28	1.29-1.41	1.42-1.67	> 1.68
60-69	< 0.99	1.00-1.13	1.14-1.28	1.29-1.57	> 1.58
70-79	< 0.90	0.91-0.98	0.99-1.113	1.14-1.42	> 1.43
80+	< 0.81	0.82-0.92	0.93-1.02	1.03-1.28	> 1.29
10-year survival rate from middle age/50s)	77%	91%	93.5%	96%	97%

Women (distances in miles, treadmill at 1% grade incline)

	Highest death risk	49% lower	64% lower	76% lower	80% lower
Age	Poor	Fair	Good	Excellent	Superior
18-19	< 1.29 miles	1.30-1.39	1.40-1.57	1.58-1.77	> 1.78
20-29	< 1.09	1.10-1.28	1.29-1.42	1.43-1.69	> 1.70
30-39	< 1.05	1.06-1.22	1.23-1.37	1.38-1.64	> 1.65
40-49	< 1.03	1.04-1.18	1.19-1.32	1.33-1.60	> 1.61
50-59	< 0.99	1.00-1.09	1.10-1.28	1.29-1.57	> 1.58
60-69	< 0.89	0.90-0.98	0.99-1.13	1.14-1.39	> 1.40
70-79	< 0.79	0.80-0.89	0.90-0.99	1.00-1.28	> 1.29
80+	< 0.74	0.75-0.84	0.85-0.92	0.93-1.12	> 1.13
10-year survival rate from middle age/50s)	77%	91%	93.5%	96%	97%

## Test findings

Distance covered: \_\_\_\_\_

- Satisfactory:** Meets or exceeds age and gender-specific fitness standards.
- Unsatisfactory:** Does not meet age and gender-specific fitness standards.

## Additional notes

## References

- Farrell, S. (2018, June 8). 50 years of the Cooper 12-minute run. Cooper Institute. <https://www.cooperinstitute.org/blog/50-years-of-the-cooper-12-minute-run>
- Quinn, E. (2008, December 5). Using the Cooper test 12-minute run to check aerobic fitness. Verywell Fit. <https://www.verywellfit.com/fitness-test-for-endurance-12-minute-run-3120264>