

COOPER'S 12 MINUTES RUN/WALK TESTS

The subject in this case is asked to run (also permitted to walk in between if wishes) for 12 minute on a level surface and the maximum distance covered is noted to correlate for his/her maximal oxygen uptake capacity. The results of these tests are interpreted as under with due regard to one.

INTERPRETATION

Age range (in years)	Minimum expected distance (in kms) must be covered to be certified as qualified	
	Male	Female
Upto 25	2.8	2.4
26 to 35	2.4	2.0
36 to 45	2.0	1.75
45 to 57	1.75	1.6