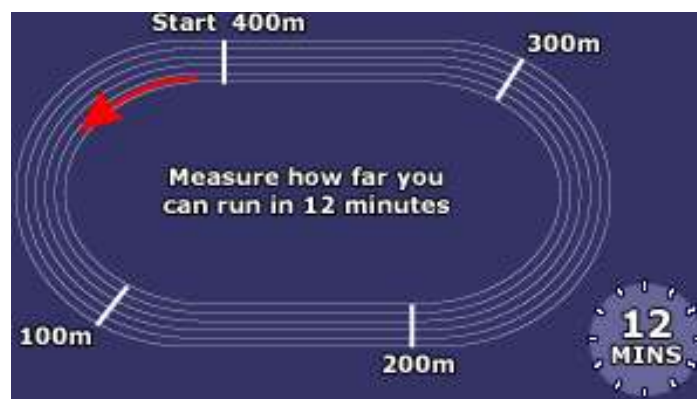


# The Cooper Run

The aim of the Cooper test is to run as far as possible in 12 minutes. The distance covered will then give an estimate of the cadets level of fitness. You should split the cadets into pairs, their partner should record the total distance covered to the nearest 100 metres. The cadets should try to run at a constant speed. If they get too tired, they can slow down or walk for a while. The test is good to monitor the development of their fitness. It is not designed to compare the cadets with others. It is a maximal test and is therefore very tiring. The test is used by coaches to help work out whether training sessions with the athlete are working properly. It can also allow coaches to find weaknesses in their athletes and measure their improvement.

**To do the test you require the following:** 400m track marked every 100m, Stop Watch, Cadets in pairs.



## What do you do with the results?

Firstly, get the cadets to look at the distance they have covered and look where it puts them on the Cooper test table below.

Age	Excellent	Above Average	Average	Below Average	Poor
Male 13-14	>2700m	2400-2700m	2200-2399m	2100-2199m	<2100m
Females 13-14	>2000m	1900-2000m	1600-1899m	1500-1599m	<1500m
Males 15-16	>2800m	2500-2800m	2300-2499m	2200-2299m	<2200m
Females 15-16	>2100m	2000-2100m	1700-1999m	1600-1699m	<1600m
Males 17-19	>3000m	2700-3000m	2500-2699m	2300-2499m	<2300m
Females 17-20	>2300m	2100-2300m	1800-2099m	1700-1799m	<1700m

This gives them an idea of their fitness compared to their friends.

Next time they do the test, they can see how much further they have gone.