

Cooper Institute of Aerobic Research

	<u>Academy Entry Standard</u>	<u>OPOTC Exit Standard</u>
Males 20-29	30th Percentile	50th Percentile
1.5 Run	13:08	11:58
Sit-Ups (One Minute)	35	40
Push-Ups (One Minute)	26	33
Males 30-39	30th Percentile	50th Percentile
1.5 Run	13:48	12:25
Sit-Ups (One Minute)	32	36
Push-Ups (One Minute)	20	27
Males 40-49	30th Percentile	50th Percentile
1.5 Run	14:33	13:05
Sit-Ups (One Minute)	27	31
Push-Ups (One Minute)	15	21
Males 50-59	30th Percentile	50th Percentile
1.5 Run	16:16	14:33
Sit-Ups (One Minute)	21	26
Push-Ups (One Minute)	10	15
Females 20-29	30th Percentile	50th Percentile
1.5 Run	15:56	14:15
Sit-Ups (One Minute)	30	35
Push-Ups (One Minute)	13	18
Females 30-39	30th Percentile	50th Percentile
1.5 Run	16:46	15:14
Sit-Ups (One Minute)	22	27
Push-Ups (One Minute)	09	14
Females 40-49	30th Percentile	50th Percentile
1.5 Run	18:26	16:13
Sit-Ups (One Minute)	17	22
Push-Ups (One Minute)	07	11
Females 50-59	30th Percentile	50th Percentile
1.5 Run	20:17	18:05
Sit-Ups (One Minute)	12	17
Push-Ups (Modified)	09	13