



Paulding County Fire & Rescue
247 Industrial Way North
Dallas, Georgia 30132
770-222-1160

Cooper's Test Standards

Male Requirements

Age	18-25	26-30	31-35	36-40	41-45	46-50	51-55	56-60	61+
Push Ups	33	30	27	24	21	18	15	15	15
Sit Ups	40	38	36	33	31	25	26	23	20
Mile and a Half Run	12:51	13:13	13:36	13:55	14:29	14:54	15:26	16:04	16:43

Female Requirements

Age	18-25	26-30	31-35	36-40	41-45	46-50	51-55	56-60	61+
Push Ups	18	15	13	12	11	8	5	5	3
Sit Ups	35	31	27	24	22	19	17	11	8
Mile and a Half Run	15:26	15:41	15:57	16:27	16:58	17:26	17:54	18:19	18:44