

COOPER 1.5-MILE RUN FOR WOMEN

	80% lower	76% lower	64% lower	49% lower	Highest death risk (from any cause)
Age	Superior (top 2%)	Excellent (75-97%)	Good (50-74%)	Fair (25-49%)	Poor (lowest 25%)
18-19	<9:52	9:53 → 11:30	11:31 → 13:38	13:39 → 15:20	>15:21
20-29	<10:22	10:23 → 13:08	13:09 → 15:20	15:21 → 19:40	>19:41
30-39	<10:51	10:52 → 13:56	11:30 → 16:25	16:26 → 20:35	>20:36
40-49	<11:13	11:14 → 14:40	14:41 → 17:00	17:01 → 21:35	>21:36
50-59	<11:30	11:31 → 15:20	15:21 → 19:26	19:27 → 23:00	>23:01
60-69	<13:39	13:40 → 18:23	18:24 → 23:00	23:01 → 27:40	>27:41
70-79	<15:20	15:21 → 23:10	23:11 → 27:40	27:41 → 34:40	>34:41
10-year survival rate (from middle age/60y)	97%	96%	93.5%	91%	77%

Run six laps on a 400 meter track, or find a measured distance of 1.5 miles on a flat surface.

Sources: Cooper K et al, 1968,
Mandsager, Harb, Cramer et al 2018

Fitneb For The Good Years

KJ Lindholm-Leary



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