

Cooper Test

Introduction

The objective of an evaluation test is to monitor the development of IDP Athletes. The test will be used on a regular basis to:

- Predict future performance
- Indicate weaknesses
- Measure improvement
- Enable coaches to assess the success of our training program
- Place each athlete in the appropriate training group
- Motivate each athlete

Objective

Monitor the development of each athlete's general endurance.

Required Resources

This test will require:

- 400 meters track - marked every 100m
- Stop Watch
- Couple of assistants

How it works

The test comprises of seeing how far an athlete can run/walk in twelve minutes. Assistants should record the total distance covered to the nearest 100 meters.

Analysis

Analysis of the results, distance covered, is by comparing it with the results of previous tests. The expectation is that, with an appropriate training between each test, the analysis will indicate an improvement in each athlete's general endurance.

The following table rates performance for young athletes.

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 17-20	>3000m	2700-3000m	2500-2699m	2300-2499m	<2300m
Females 17-20	>2300m	2100-2300m	1800-2099m	1700-1799m	<1700m

The following table rates performance for the older athletes.

Age	Excellent	Above Average	Average	Below Average	Poor
Male 20-29	>2800m	2400-2800m	2200-2399m	1600-2199m	<1600m
Females 20-29	>2700m	2200-2700m	1800-2199m	1500-1799m	<1500m
Males 30-39	>2700m	2300-2700m	1900-2299m	1500-1999m	<1500m
Females 30-39	>2500m	2000-2500m	1700-1999m	1400-1699m	<1400m
Males 40-49	>2500m	2100-2500m	1700-2099m	1400-1699m	<1400m
Females 40-49	>2300m	1900-2300m	1500-1899m	1200-1499m	<1200m

Males >50	>2400m	2000-2400m	1600-1999m	1300-1599m	<1300m
Females >50	>2200m	1700-2200m	1400-1699m	100-1399m	<1100m

The following table can be used with experienced senior athletes:

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	>3700m	3400-3700m	3100-3399m	2800-3099m	<2800m
Females	>3000m	2700-3000m	2400-2999m	2100-2399m	>2100m