# CPD's Mens PT Standards

## 1.5 Mile Run

| % | 20-29 | 30-34 | 35-39 | 40-44 | 45-49 |
|---|---|---|---|---|---|
| 99.0% | 7:29 | 7:11 | 7:27 | 7:42 | 8:08 |
| 95.0% | 8:13 | 8:44 | 9:07 | 9:30 | 10:05 |
| 90.0% | 9:09 | 9:30 | 9:53 | 10:16 | 10:47 |
| 85.0% | 9:45 | 10:16 | 10:47 | 11:18 | 11:49 |
| 80.0% | 10:16 | 10:47 | 11:15 | 11:44 | 12:18 |
| 75.0% | 10:42 | 11:18 | 11:34 | 11:49 | 12:36 |
| 70.0% | 10:47 | 11:34 | 12:04 | 12:34 | 13:10 |
| 65.0% | 11:18 | 11:49 | 12:20 | 12:51 | 13:27 |
| 60.0% | 11:41 | 12:20 | 12:47 | 13:14 | 13:49 |
| 55.0% | 11:49 | 12:38 | 13:00 | 13:22 | 14:01 |
| 50.0% | 12:18 | 12:51 | 13:22 | 13:53 | 14:24 |
| 45.0% | 12:20 | 13:22 | 13:45 | 14:08 | 14:43 |
| 40.0% | 12:51 | 13:36 | 14:03 | 14:29 | 14:58 |
| 35.0% | 13:06 | 13:53 | 14:20 | 14:47 | 15:20 |
| 30.0% | 13:22 | 14:08 | 14:32 | 14:56 | 15:27 |
| 25.0% | 13:53 | 14:24 | 14:55 | 15:26 | 15:55 |

## SIT UPS

| % | 20-29 | 30-34 | 35-39 | 40-44 | 45-49 |
|---|---|---|---|---|---|
| 99.0% | >55 | >51 | >49 | >47 | >45 |
| 95.0% | 55 | 51 | 49 | 47 | 45 |
| 90.0% | 51-54 | 48-50 | 46-48 | 43-46 | 41-44 |
| 85.0% | 49-50 | 45-47 | 42-45 | 40-42 | 38-40 |
| 80.0% | 47-48 | 43-44 | 41 | 39 | 37 |
| 75.0% | 46 | 42 | 39-40 | 37-38 | 35-36 |
| 70.0% | 45 | 41 | 38 | 36 | 33-34 |
| 65.0% | 44 | 40 | 37 | 35 | 32 |
| 60.0% | 42-43 | 39 | 36 | 34 | 31 |
| 55.0% | 41 | 37-38 | 34-35 | 32-33 | 29-30 |
| 50.0% | 40 | 36 | 33 | 31 | 28 |
| 45.0% | 39 | 35 | 32 | 30 | 27 |
| 40.0% | 38 | 34 | 31 | 29 | 26 |
| 35.0% | 37 | 33 | 30 | 28 | 25 |
| 30.0% | 35 | 32 | 29 | 27 | 23 |
| 25.0% | 34 | 31 | 28 | 26 | 23 |

## PUSH UPS

| % | 20-29 | 30-34 | 35-39 | 40-44 | 45-49 |
|---|---|---|---|---|---|
| 99.0% | >100 | >86 | >75 | >64 | >57 |
| 95.0% | 62-100 | 52-86 | 46-75 | 40-64 | 40-57 |
| 90.0% | 57-61 | 46-51 | 41-45 | 36-39 | 33-39 |
| 85.0% | 51-56 | 41-45 | 37-40 | 34-35 | 31-32 |
| 80.0% | 47-50 | 39-40 | 34-36 | 30-33 | 27-30 |
| 75.0% | 44-46 | 36-38 | 32-33 | 29 | 26 |
| 70.0% | 41-43 | 34-35 | 30-31 | 26-28 | 23-25 |
| 65.0% | 39-40 | 31-33 | 28-29 | 25 | 22 |
| 60.0% | 37-38 | 30 | 27 | 24 | 21 |
| 55.0% | 35-36 | 29 | 25-26 | 22-23 | 19-20 |
| 50.0% | 33-34 | 27-28 | 24 | 21 | 18 |
| 45.0% | 31-32 | 25-26 | 22-23 | 19-20 | 16-17 |
| 40.0% | 29-30 | 24 | 21 | 18 | 15 |
| 35.0% | 27 | 21 | 18 | 16 | 13 |
| 30.0% | 26 | 20 | 17 | 15 | 12 |
| 25.0% | 24 | 19 | 16 | 13 | 11 |

*Note: A total score of 150 or 40% is the minimum requirement to successfully complete the physical fitness test. If you were below 40% in one category, but excelled in the others, you could still be eligible. Example: (Based on youngest age group) 26 total Push ups = 30 pts/30%; 44 total Sit ups=65 pts/65%; and 11:49 total time ran=55 pts/55% =Score of 150 (Passing)*