

Physical fitness benchmarks required at the start and the end of peace officer basic training:

* Modified form per OPOTC

| MALES (≤29) | | |
|------------------|-------|-------|
| EXERCISE | START | END |
| Situps (1 min.) | 32 | 40 |
| Pushups (1 min.) | 19 | 33 |
| 1.5-mile run | 14:34 | 11:58 |

| MALES (30-39) | | |
|------------------|-------|-------|
| EXERCISE | START | END |
| Situps (1 min.) | 28 | 36 |
| Pushups (1 min.) | 15 | 27 |
| 1.5-mile run | 15:13 | 12:25 |

| MALES (40-49) | | |
|------------------|-------|-------|
| EXERCISE | START | END |
| Situps (1 min.) | 22 | 31 |
| Pushups (1 min.) | 10 | 21 |
| 1.5-mile run | 15:58 | 13:11 |

| MALES (50-59) | | |
|------------------|-------|-------|
| EXERCISE | START | END |
| Situps (1 min.) | 17 | 26 |
| Pushups (1 min.) | 7 | 15 |
| 1.5-mile run | 17:38 | 14:16 |

| MALES (60+) | | |
|------------------|-------|-------|
| EXERCISE | START | END |
| Situps (1 min.) | 13 | 20 |
| Pushups (1 min.) | 5 | 15 |
| 1.5-mile run | 20:12 | 15:56 |

| FEMALES (≤29) | | |
|------------------|-------|-------|
| EXERCISE | START | END |
| Situps (1 min.) | 23 | 35 |
| Pushups (1 min.) | 9 | 18 |
| 1.5-mile run | 17:49 | 14:07 |

| FEMALES (30-39) | | |
|------------------|-------|-------|
| EXERCISE | START | END |
| Situps (1 min.) | 18 | 27 |
| Pushups (1 min.) | 7 | 14 |
| 1.5-mile run | 18:37 | 14:34 |

| FEMALES (40-49) | | |
|------------------|-------|-------|
| EXERCISE | START | END |
| Situps (1 min.) | 13 | 22 |
| Pushups (1 min.) | 5 | 11 |
| 1.5-mile run | 19:32 | 15:24 |

| FEMALES (50-59) | | |
|------------------|-------|-------|
| EXERCISE | START | END |
| Situps (1 min.) | 7 | 17 |
| Pushups (1 min.) | 4* | 13* |
| 1.5-mile run | 21:31 | 17:13 |

| FEMALES (60+) | | |
|------------------|-------|-------|
| EXERCISE | START | END |
| Situps (1 min.) | 2 | 8 |
| Pushups (1 min.) | 1* | 8* |
| 1.5-mile run | 23:32 | 18:52 |



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For more information, call the Ohio Peace Officer Training Commission at **740-845-2700** and ask to speak with a certification officer.