



**RICHARD CORDRAY**  
OHIO ATTORNEY GENERAL

**OHIO PEACE OFFICER BASIC TRAINING PROGRAM  
PHYSICAL FITNESS REQUIREMENTS**

**Age and Gender Minimum Scores**

	<b>Males (&lt;-29)</b>	<b>Females (&lt;-29)</b>
<b>Sit-ups (1 min)</b>	40	35
<b>Push-ups (1 min)</b>	33	18
<b>1.5 Mile Run</b>	11:58	14:15
	<b>Males (30-39)</b>	<b>Females (30-39)</b>
<b>Sit-ups (1 min)</b>	36	27
<b>Push-ups (1 min)</b>	27	14
<b>1.5 Mile Run</b>	12:25	15:14
	<b>Males (40-49)</b>	<b>Females (40-49)</b>
<b>Sit-ups (1 min)</b>	31	22
<b>Push-ups (1 min)</b>	21	11
<b>1.5 Mile Run</b>	13:05	16:13
	<b>Males (50-59)</b>	<b>Females (50-59)</b>
<b>Sit-ups (1 min)</b>	26	17
<b>Push-ups (1 min)</b>	15	13*
<b>1.5 Mile Run</b>	14:33	18:05
	<b>Males (60+)</b>	<b>Females (60+)</b>
<b>Sit-ups (1 min)</b>	20	8
<b>Push-ups (1 min)</b>	15	8*
<b>1.5 Mile Run</b>	16:19	20:08

\*Modified form per OPOTC Lesson Plan



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