



MIKE DEWINE

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OHIO PEACE OFFICER BASIC TRAINING PROGRAM PHYSICAL FITNESS REQUIREMENTS

Age and Gender Minimum Scores

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

*Modified form per OPOTC Lesson Plan