

# Lakeland Basic Police Academy physical fitness benchmarks

The following requirements must be met at the start and end of peace officer basic training to become a peace officer in Ohio as approved by the Ohio Peace Officer Training Commission (OPOTC).

	MALES (≤29)	
	Start	End
Situps (1 min.)	32	40
Pushups (1 min.)	19	33
1.5-mile run	14:34	11:58

	MALES (30-39)	
	Start	End
Situps (1 min.)	28	36
Pushups (1 min.)	15	27
1.5-mile run	15:13	12:25

	MALES (40-49)	
	Start	End
Situps (1 min.)	22	31
Pushups (1 min.)	10	21
1.5-mile run	15:58	13:11

	MALES (50-59)	
	Start	End
Situps (1 min.)	17	26
Pushups (1 min.)	7	15
1.5-mile run	17:38	14:16

	MALES (60+)	
	Start	End
Situps (1 min.)	13	20
Pushups (1 min.)	5	15
1.5-mile run	20:12	15:56

	FEMALES (≤29)	
	Start	End
Situps (1 min.)	23	35
Pushups (1 min.)	9	18
1.5-mile run	17:49	14:07

	FEMALES (30-39)	
	Start	End
Situps (1 min.)	18	27
Pushups (1 min.)	7	14
1.5-mile run	18:37	14:34

	FEMALES (40-49)	
	Start	End
Situps (1 min.)	13	22
Pushups (1 min.)	5	11
1.5-mile run	19:32	15:24

	FEMALES (50-59)	
	Start	End
Situps (1 min.)	7	17
Pushups (1 min.)	4*	13*
1.5-mile run	21:31	17:13

	FEMALES (60+)	
	Start	End
Situps (1 min.)	2	8
Pushups (1 min.)	1*	8*
1.5-mile run	23:32	18:52

\*Modified form per OPOTC

For more information, contact the Lakeland Basic Police Academy:  
440.525.7185 • [lakelandcc.edu/bpa](http://lakelandcc.edu/bpa)

