

ZONE FIVE
REGIONAL LAW ENFORCEMENT TRAINING ACADEMY

MALE

40%	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Sit Ups	38	35	39	24	19
Push Ups	29	24	18	13	10
1.5 Mile Run (minutes)	12:38	12:58	13:50	15:06	-

FEMALE

40%	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Sit Ups	32	25	20	14	6
Push Ups	15	11	9	3	2
1.5 Mile Run (minutes)	14:50	15:43	16:31	18:18	-

October 2014