

***Delaware State Police Recruit Trooper  
Physical Fitness Test  
Minimum Requirements***

**Males**

**Ages: 20-29**

Sit-ups 33  
Push-ups 22  
1.5 Mile Run 13:53

**Females**

**Ages: 20-29**

Sit-ups 24  
Modified Push-ups 17  
1.5 Mile Run 16:11

**Males**

**Ages: 30-39**

Sit-ups 30  
Push-ups 17  
1.5 Mile Run 14:23

**Females**

**Ages: 30-39**

Sit-ups 20  
Modified Push-ups 11  
1.5 Mile Run 16:48

\*Sit-ups and push-ups are within one minute

*Revised 5/04*