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## Coast guard pt test

To maintain operational readiness, Coast Guardsmen must be physically fit and presentable in uniform, reflecting positively on themselves, the service, and their country. The fitness program aims to enhance overall well-being, and every member is required to develop an annual fitness plan, which must be submitted during performance evaluations. The basic fitness plan includes regular cardio exercises (at least three times a week for 30 minutes each) and strength training sessions (1-3 times a week). The physical fitness assessment will be conducted as needed, focusing on aerobic capacity, muscular strength, and endurance. Standards are set to ensure members meet minimum requirements for vigorous activity and overall health. Regular weigh-ins occur every October and April, using height and wrist measurements as the basis for weight screenings. If screenings reveal overweight status, further assessments may be conducted to determine body-fat percentage. Members must lose excess weight or body fat during probationary periods, with progress monitored through monthly fitness assessments. Some individuals' physical characteristics may result in being classified as overweight despite having normal body-fat percentages. These members will have a designated screening weight, allowing for more flexibility without requiring additional body-fat determinations. Given article text here Stew Smith can teach you how to create a personalized workout routine. To prepare for the Coast Guard fitness program, follow these links: \* Pull-ups/Flexed Arm Hang \* Push-ups \* Sit-ups \* Running \* Swimming \* Losing weight and getting in shape requires a healthy diet and regular exercise. \* Stew Smith's articles can help with weight loss and better prepare you for military fitness. Visit his Fitness eBook store to start your workout program. Stew Smith is a former Navy SEAL certified as a Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association. Send your fitness questions to [stew@stewsmith.com](mailto:stew@stewsmith.com) or subscribe to Military.com for military news, updates, and resources. The Coast Guard does not have a standardized fitness test assessment, but some units perform a Physical Fitness Test (PFT). The PFT includes: \* Bent-Knee Sit Ups \* Push-Ups \* 1.5 mile run \* Swim \* Coast Guard PFT standards Airmen must pass the following tests to become an Aviation Survival Technician (AST): \* 50 push-ups \* 60 sit-ups \* 5 pull-ups \* 5 chin-ups \* 1.5-mile run \* 500m swim \* Four 25m lengths of the pool underwater To become a Coast Guard Rescue Swimmer, you must excel in one of the most stressful environments in military training. The course syllabus requires flexibility, strength, endurance, and the ability to function for 30 minutes in heavy seas. Tasks while submerged, holding your breath and getting tossed around in 10-20 foot waves are part of the job for rescue swimmers. They must also provide basic pre-hospital life support for rescued individuals after completing an emergency medical training (EMT) course. This EMT course is not like any ordinary one - it's a hardcore physical and mental training that pushes candidates to their limits. In fact, Rescue Swimmer School has a high attrition rate of over 50%. To succeed in this demanding training, you need to score well on your physical fitness test (PFT) and be confident in the water. You must have a deep respect for the power of the sea but also know that your training will help save lives. The PFT includes push-ups, sit-ups, pull-ups, chin-ups, a 12-minute crawl swim, a 25-yard underwater swim, and a 200-yard buddy tow. Rescue swimmers need to meet minimum standards: shoulder-width push-ups (50), sit-ups (60), pull-ups (5), chin-ups (5), 500-yard crawl swim within 12 minutes, 25-yard underwater swim repeated four times, and a 200-yard buddy tow. I recommend scoring at least 100 in push-ups and sit-ups, 15-20 pull-ups, swimming 500-750 yards within 12 minutes, running sub-nine minutes for a 1.5-mile run, completing the 25-yard underwater swim and 200-yard buddy tow. If you're considering this career path, take an ocean lifeguard course with the Red Cross to test your limits. You'll learn essential skills like the crawl stroke, underwater swimming, and buddy towing. More USCG special training articles can be found at Military.com. Coast Guard recruits must meet rigorous physical standards to serve effectively. The Physical Fitness Test (PFT) assesses recruits' abilities, with different requirements for male and female recruits due to physiological differences. Successful completion of the PFT is crucial for advancing through basic training. Male recruits are required to complete: \* 29 push-ups in 60 seconds to test upper body strength \* 38 sit-ups in 60 seconds to assess core endurance \* A 1.5-mile run in under 12:51 minutes to demonstrate cardiovascular stamina \* Sit and reach for 16.50 inches to measure flexibility \* A 5-minute swim circuit, including tread water, jumping off a platform, and swimming 100 meters Female recruits face similar challenges but with adjusted standards: \* 15 push-ups in 60 seconds \* 32 sit-ups in 60 seconds \* A 1.5-mile run in under 15:26 minutes \* Sit and reach for 19.29 inches \* The same swim circuit as male recruits Prospective Coast Guard members should begin preparing early by incorporating cardiovascular exercises, strength training, and flexibility workouts into their routine. This includes building endurance through progressive running training and interval exercises to enhance cardiovascular fitness. Push-ups and sit-ups are essential exercises for building upper body and core strength, while planks, burpees, and weightlifting can provide additional benefits. Regular swimming practice, along with treading water exercises, helps build confidence and proficiency in the water. Flexibility training, including stretching and yoga, improves performance in the sit-and-reach test and prevents injuries. The Coast Guard Recruits Physical Fitness Test (PFT) measures specific aspects of physical fitness, including push-ups, sit-ups, a 1.5-mile run, and the swim circuit. To excel at push-ups, consistency is key. Practice regularly, focusing on maintaining perfect form. For sit-ups, consistent practice improves core strength and endurance. The 1.5-mile run tests cardiovascular endurance and overall aerobic fitness. The sit-and-reach test assesses flexibility in the lower back, hamstrings, and hip region. The swim circuit measures water survival skills, including remaining calm, controlled, and efficient in the water. Consistency in training is vital for excelling in the swim circuit. To meet Coast Guard requirements, recruits must prepare for real-world tasks like search and rescue missions and emergency response by maintaining rigorous fitness standards. Joining the US military requires being physically fit, as demonstrated by various physical fitness tests. The Army's PT test is known as the ACFT (Army Combat Fitness Test), which comprises six challenging components: a three-rep max deadlift, standing power throw, hand release push-up arm extension, sprint drag carry, leg tuck or plank, and a two-mile run. This test was introduced to enhance soldier readiness, reduce preventable injuries, and improve mental toughness. In contrast, the Navy's PT test is called the PRT (Physical Readiness Test), consisting of max push-ups in two minutes, max planks, and a mile-and-a-half run. The Navy offers flexibility by allowing cardio substitutions, such as hiking or swimming. The Marine Corps utilizes two different tests: the PFT (Physical Fitness Test) and CFT (Combat Fitness Test). The PFT includes max pull-ups, two-minute crunches or planks, and a three-mile run. Note: Each branch has its unique goals and physical expectations due to differing day-to-day duties. As military personnel prepare for their Physical Training (PT) tests, some may find themselves with limited options to complete certain events. Pull-ups can be substituted with push-ups, although scores will only amount to 70% of what's achievable through pull-ups. In some cases, the three-mile run might be replaced with a 5,000-meter row. The Army Combat Fitness Test (CFT) is comprised of several components: movement to contact (max rep), max rep ammo can lifts in two minutes, and maneuver under fire, which involves a series of events like sprints, crawls, and lifting. Airmen will soon have options for completing their PT test, including planks, hand releases, and various push-up variations. The Coast Guard's Physical Fitness Test is straightforward, consisting of max push-ups, sit-ups, and a mile-and-a-half run or swim circuit. Swimmers can substitute their run with a swim. Meanwhile, the Space Force will develop its own PT test, separate from the Air Force's standards. In contrast to strength training, muscular endurance focuses on an individual's ability to maintain repetitive movements for extended periods. The Coast Guard Boat Crew physical fitness test (PFT) measures this aspect through push-ups and sit-ups. To enhance muscular endurance, experts recommend lifting lighter weights (67% or less) and focusing on proper form before increasing intensity. ##### Muscular Endurance Explained Muscular endurance is the ability to maintain repetitive movements for an extended period. This concept is often used as a base component of overall muscular fitness. The PFT's push-up and sit-up components measure muscular endurance and core stability by requiring individuals to perform maximum repetitions within a set time frame. To improve muscular endurance, it is recommended to lift lighter weights (67% or less) and focus on proper form before increasing intensity. To boost muscular endurance, focus on one-rep max for at least 12 reps per set, with less than 30 seconds rest between sets. Training this way stresses your muscles' energy systems, forcing them to adapt to the stress. For push-ups and sit-ups, a strong core will be crucial. Instead of doing sit-ups in every workout, focus on general core strengthening for improved performance. When training for muscular endurance, target one muscle group at a time to avoid building in too much rest. Cardiorespiratory endurance (CRE) is key for the 1.5-mile run or 12-minute swim. While aerobic exercise like running, swimming, and biking can help improve CRE, adding variety makes it easier to train while reducing joint forces. If you have nagging pain or injuries, consider biking, rowing, or other low-impact options. When designing your training program, remember that speed workouts are not just for speed; they also boost CRE. To see improvements in CRE, train at least twice a week and work out at 60-80% of your maximum heart rate (max heart rate = 220 - your age). If you're doing speed workouts, your heart rate may go above 80%, but that's okay. Muscular strength is the ability to exert maximal force; while the PFT isn't a true test of this, incorporating strength-building goals and workouts can help improve performance during muscular endurance tests. Those who don't regularly weight train can expect to see strength gains with focused training in as little as 2 weeks. Muscle activation, or the ability to engage more muscle fibers, improves with regular exercise. After around 4-6 weeks of consistent workouts, you should start to notice gains in muscle mass too. For optimal performance during the Physical Fitness Test (PFT), make sure to stay hydrated by drinking plenty of water in the days leading up to the test. Aim for a light, high-carb snack like a bagel and fruit about 1-2 hours beforehand to keep your energy levels up throughout the event. Since the PFT is a relatively short activity, you shouldn't need a lot of fuel between events, but small snacks or sports drinks with moderate carb amounts might help if you start feeling fatigued. For more information on nutrient timing, refer to Chapter 9 of the Warfighter Nutrition Guide. To prepare for the PFT, follow a well-structured training program that spans several months. Utilize the USCG Recruit Training PT instructor cards and read HPRC's articles on workout planning, block periodization, exercise selection, and progression to optimize your training.