

# New USNSCC PRT Standards

As a first step towards updating the Corps' Physical Training (PT) program, we are creating a new Physical Readiness Training (PRT) standard. To better understand what a PRT score means, we are reframing the different scores as "Levels." PRT scores are intended to represent a cadet's Physical Fitness Readiness Level, and changing to calling them levels will allow us to create new levels more easily.

Old System
Failed
Satisfactory
Good
Excellent

New System
Level 1 (Unqualified)
Level 2 (Marginal)
Level 3 (Satisfactory)
Level 4 (Good)
Level 5 (Excellent)

Level 1 represents any cadet who has failed to attain the Level 2 requirements or higher. Cadets whose PRT is over six months will also be considered Level 1 until they test and score again.

Level 2 is intended to be a "ramp-up" period for our newer cadets who may need more than a few more months to achieve Level 3 but are otherwise ready to attend RT. Cadets only need a Level 2 score to attend RT and advance to SA.

Level 3 or higher will still be required to advance to SN and above and attend any other AT. Additional information may be announced in a separate announcement.

**At this time, we have only added a new PRT level between Failed and Satisfactory. The current levels of Satisfactory (level 3), Good (level 4), and Excellent (level 5) will stay the same.**

We will update the PRT Manual when the PRT standards are implemented in Magellan (OCT 15th). No work will be required by units for this update.

On the next page, you will see the new PRT standards highlighted in light blue alongside the current requirements for context.

Plank				
Female & Male				
Age	Level 2	Level 3	Level 4	Level 5
10	45 sec.	1:00	1:40	2:10
11	50 sec.	1:05	1:45	2:20
12	55 sec.	1:10	1:50	2:30
13	1:05	1:15	1:55	2:40
14	1:10	1:20	2:00	2:50
15	1:15	1:25	2:05	3:00
16	1:20	1:30	2:10	3:10
17/18	1:20	1:30	2:10	3:10

Push-Ups									
Female					Male				
Age	Level 2	Level 3	Level 4	Level 5	Age	Level 2	Level 3	Level 4	Level 5
10	7	9	13	20	10	10	12	14	22
11	6	7	11	19	11	11	14	15	27
12	4	5	10	20	12	11	15	18	31
13	6	7	11	21	13	13	20	24	39
14	6	7	10	20	14	16	20	24	40
15	9	10	15	20	15	22	25	30	42
16	9	10	12	24	16	24	25	30	44
17/18	9	10	16	25	17/18	28	30	37	53

1-Mile Run									
Female					Male				
Age	Level 2	Level 3	Level 4	Level 5	Age	Level 2	Level 3	Level 4	Level 5
10	14:00	13:00	11:22	9:19	10	12:50	11:40	9:48	7:57
11	13:40	12:42	11:17	9:02	11	12:35	11:25	9:20	7:32
12	13:20	12:24	11:05	8:23	12	11:35	10:22	8:40	7:11
13	12:55	12:15	10:23	8:13	13	10:55	9:45	8:06	6:50
14	12:30	12:00	10:06	7:59	14	10:40	9:30	7:44	6:26
15	12:20	11:45	9:58	8:08	15	10:25	9:15	7:30	6:20
16	12:30	12:15	10:31	8:23	16	10:00	9:00	7:10	6:08
17/18	12:30	12:15	10:22	8:15	17/18	9:45	8:45	7:04	6:06