Source: Navy Guide-5A, December 2025
Last verified October 21, 2026

NAVY PHYSICAL READINESS TEST (PRT) QUICK REFERENCE

Events, passing standard, categories, and the minimum result for each event by age group.

EVENTS

- **Push-ups:** correct reps in 2 minutes
- **Forearm plank:** time held in proper position
- **Cardio:** 1.5-mile run (course or treadmill), 2,000-meter row, or 500-yard or 450-meter swim

PASSING STANDARD

- At least Probationary (45 points) in every event
- Failing any one event fails the PRT

CATEGORIES

- **Outstanding:** 90 to 100
- **Excellent:** 75 to 85
- **Good:** 60 to 70
- **Satisfactory:** 50 to 55
- **Probationary:** 45

The overall category is based on the average of the three event scores.

MINIMUM TO PASS (PROBATIONARY), BY AGE GROUP

Men

Event	17-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
Push-ups	42	37	34	31	27	24	21	19	10	8	4
Forearm plank	1:11	1:10	1:09	1:07	1:06	1:05	1:03	1:02	1:01	1:00	0:58
1.5-mile run	12:45	13:30	14:00	14:30	15:00	15:30	16:08	16:45	17:09	18:52	20:35
2,000-m row	9:20	9:25	9:30	9:35	9:40	9:45	9:50	9:55	10:00	10:05	10:10
500-yd swim	12:45	13:00	13:08	13:15	13:23	13:30	13:38	13:45	13:55	14:05	14:15

Women

Event	17-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
Push-ups	19	16	13	11	9	7	5	2	2	2	1
Forearm plank	1:01	1:00	0:59	0:58	0:56	0:55	0:54	0:53	0:52	0:51	0:50
1.5-mile run	15:00	15:30	16:08	16:45	17:00	17:15	17:23	17:30	18:34	19:43	20:52
2,000-m row	10:40	10:45	10:50	10:55	11:00	11:05	11:10	11:15	11:20	11:25	11:30
500-yd swim	14:15	14:30	14:45	15:00	15:15	15:30	15:38	15:45	16:00	16:15	16:30

Score your PRT
militaryfitness.org/navy-prt-calculator/

Veteran career resources
hireaveteran.org/

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