

# FMTB-West PT Preparation Benchmarks

Upon receiving orders to attend Field Medical Training Battalion West, you should begin working out on your own and training to best prepare yourself for the physical training standards you are expected to meet. FMTB – West conducts multiple rigorous physical training sessions, a Navy Physical Readiness Test, a Marine Corps Physical Fitness Test, Combat Fitness Test, and 3 tested Hikes with 65 lbs.

First and foremost, the Navy Physical Health Assessment (PHA) is a requirement to take this course and needs to be completed if it is expired or will be expired during the duration of the course.

- To complete head to the following link: <https://data.nmcphc.med.navy.mil/pha>

As Corpsman serving with the Fleet Marine Force, there will be Marines who's live you will be responsible for. Physical Fitness and preparedness is just as important as your level of medical competency. You will be trained and prepared for both.

The following Benchmarks are meant to serve as minimum standards for success at FMTB-West. However, you should never strive for the minimum.

Navy Physical Readiness Test:

- 1.5 mile RUN:
  - o Male: 11:30
  - o Female: 13:45
- Push-ups:
  - o Male: 55
  - o Female: 28
- Sit-ups:
  - o Male: 66
  - o Female: 66
- \*(or age equivalent of Good Medium)

The Marine Corps Physical Fitness Test (PFT):

- 3 Mile run
  - o Male: 27:40
  - o Female: 30:50
- Crunches
  - o Male: 70
  - o Female: 50-55
- Dead-hang Pull-ups
  - o Male: 4-5
  - o Female: 1-3
- Check this link to find your age equivalent score for passing
  - o [https://www.fitness.marines.mil/PFT-CFT\\_Standards17/](https://www.fitness.marines.mil/PFT-CFT_Standards17/)
  - o These are MINIMUM scores for ages 17-25, you should aim for significantly better scores.

The Marine Corps Combat Fitness Test (CFT):

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- 880m run in Boots and Utilities (not steel toe)
  - o Male: 3:45
  - o Female: 4:36 – 4:41
- Ammo can lift - consists of 30 lb
  - o Male: 62-67
  - o Female: 30
- Movement Under fire
  - o Male: 3:17-3:18
  - o Female: 4:53-4:35
- Check this link to find your age equivalent score for passing
  - o [https://www.fitness.marines.mil/PFT-CFT\\_Standards17/](https://www.fitness.marines.mil/PFT-CFT_Standards17/)
  - o These are MINIMUM scores for ages 17-25, you should aim for significantly better scores.

## Hikes:

- You will be expected to pass an 8 mile hike in uniform and combat load
- Prior to reporting you should be able to hike with a 45lb pack in uniform at a pace of 3.0 mph for 4 miles

## RUN

- There will be extensive amounts of running throughout the course. You should feel comfortable running 3 miles at an 8 minute/mile pace for male or a 9 min/mile pace for female.

Meeting these minimum requirements will set you up for success at FMTB-West.

If you have further questions please contact the FMTB-West CFL by email at:

[matthew.zelkoski@usmc.mil](mailto:matthew.zelkoski@usmc.mil)