



**DEPARTMENT OF THE AIR FORCE
HEADQUARTERS AIR FORCE PERSONNEL CENTER
JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS**

Alternate Aerobic Test Standards

Male Age	Male Max Time	Female Age	Female Max Time
<30	16:16	<30	17:22
30-39	16:18	30-39	17:28
40-49	16:23	40-49	17:49
50-59	16:40	50-59	18:11
60+	16:58	60+	18:53

Airmen not medically cleared to complete the 1.5-mile run will be assessed by the 2-kilometer walk as determined by the exercise physiologist/fitness program manager unless otherwise exempted.

Airmen are required to walk 2-kilometers as quickly as possible. They must walk, but not run, keeping at least one foot in contact with the ground at all times.

*VISIT OUR OFFICIAL WEBSITE: <http://www.afpc.af.mil>
Last Updated: 20 September 2016*