

U.S. AIR FORCE
**SPECIAL
WARFARE**



PHYSICAL FITNESS

DIAGNOSTIC STANDARDS



The purpose of the fitness diagnostic is to assess a your physical abilities for entry into the pre-accessions development program for Air Force Special Warfare. After passing the fitness diagnostic you will be assigned a Special Warfare career with a ship out date and accepted into SW Development. You will then be scheduled for the Initial Fitness Test (IFT). You're expected to pass the IFT Component Standard before 30 days from your ship out date.



SWOE (9T500) PJ/CCT/TACP/SR

Pull-ups: **5** 1.5 Mile Run: **11:00**

Sit-ups: **30**

Push-ups: **30**



SERE (1T031)

Pull-ups: **5** 1.5 Mile Run: **12:00**

Sit-ups: **30**

Push-ups: **30**



EOD (3E831)

Pull-ups: **1** 1.5 Mile Run: **12:00**