

Physical Training

APFT: Physical training and conditioning are areas of great emphasis in the U.S. Army. You will participate in a structured physical training program five days per week to help you attain and maintain the Army's requirements for physical conditioning. Alpha Company will evaluate your physical fitness with a weigh in on day one and the Army Physical Fitness Test (APFT) on day two. You will take the APFT one time. The APFT will be considered a Record APFT. You must achieve the minimum standard (60 points in each event) on the APFT to receive a passing score; passing the APFT is a graduation requirement. Your preparation physically prior to your arrival to BOLC is key to your success on the APFT and weigh in.

Weight Standards: You must meet the height and weight standards in accordance with [AR 600-9, Army Weight Control Program](#), to be enrolled in the course. Should you not meet these requirements, you will be placed on the Army Weight Control Program. It is your responsibility to identify your needs and seek assistance.

Classroom Products:

- [APFT Calculator](#): This excel program has a listing of the current APFT scoring criteria and enables one to automatically calculate their PT score.
- [Army Physical Readiness Training, TC 3-22.20](#)