

FREE PRINTABLE PLAN

AFT Score Chart

Army Fitness Test 2026

Scoring tables · Event standards · Pass thresholds

Reference card · Compiled from current AFT scoring guidance

The 5 AFT Events

The Army Fitness Test consists of five events conducted in sequence with prescribed rest. Each event scores 0–100 points; a passing score is 60 points per event AND 360 total. A maximum score is 500.

#	Event	Time	Measures
1	Three-Repetition Maximum Deadlift (MDL)	5 min	Lower-body and grip strength
2	Hand-Release Push-Up (HRP)	2 min	Upper-body endurance, scapular retraction
3	Sprint-Drag-Carry (SDC)	~3 min	Anaerobic capacity and load tolerance
4	Plank (PLK)	Max time	Core endurance under isometric load
5	Two-Mile Run (2MR)	Test	Aerobic capacity

Pass / Max Thresholds Summary

Event	60 pts (Pass)	100 pts (Max)	Notes
MDL (lbs)	140	340	Hex bar; 3 reps at the same weight
HRP (reps)	10	60	2 min; chest must lift hands fully off floor
SDC (mm:ss)	2:09	1:33	5x50m: sprint, drag 90lb sled, lateral, carry 2x40lb, sprint
PLK (mm:ss)	1:30	4:20	Forearm plank; rigid line head to heel
2MR (mm:ss)	21:00	13:30	Track or road; sustained pace

Sample Score Bands (Combat MOS Standard)

Below is the AFT score band reference for ages 17–21. Use this as a quick mental check during training. Full age-bracketed tables vary slightly; consult your unit's current scoring sheet for official certification.

Score	MDL (lbs)	HRP (reps)	SDC	PLK	2MR
100	340	60	1:33	4:20	13:30
90	300	50	1:48	3:30	14:30
80	260	40	1:54	2:45	15:30
70	210	25	2:00	2:00	17:30
60	140	10	2:09	1:30	21:00
50	120	5	2:35	1:00	24:00
0	<120	<5	>2:35	<1:00	>24:00

Improving Your Weakest Event

Weakest Event	6-Week Focus	Volume / Frequency
MDL	Trap-bar deadlift 3RM build + grip work	2x / week, 4x3 progression
HRP	Push-up volume + scapular retraction drills	3x / week, 100 reps total/session
SDC	50m sled work + 2x40lb farmer carry	2x / week, 5 round circuits
PLK	Daily plank holds + dead bug + hollow body	Daily, 3x60s building
2MR	800m intervals @ goal pace + tempo runs	3x / week, mixed intervals

