

**Achievement Course: Strength**  
**Recommended Ages: 15-18 years of age**  
**Approximate Completion Time Frame: Varies**



Saint Christopher, pray for us!

Saint Christopher lived during the 3<sup>rd</sup> century. He was a martyr that died for his Christian faith. There are legends about him concerning his great strength and faithfulness. One legend states that a child needed to cross a river and wanted Saint Christopher's help. When Saint Christopher picked up the child he noticed that the child felt a lot heavier than expected. When Saint Christopher looked up at the child on his shoulders he noticed that it was the Child Jesus with the weight of the world on His shoulders. Saint Christopher is the patron of travelers, he is invoked against storms and plagues.

**Objective:** To demonstrate an above average level of physical fitness.

These fitness tests are designed to determine a minimum level of fitness and the average 15 year old cadet should not have much of a challenge achieving at these levels if he has a mind to do it. Please make sure you are prepared for the physical activity that is called for by the Achievement Course. We expect that most cadets will have to work up to achieving each test involved in this AC. Please do not attempt any of these tests without discussing your preparation with your father/male guardian to ensure physical readiness. Remember that it is better to have to do the test multiple times than to hurt yourself by pushing beyond your present abilities.

The below tests can be done separately. The tests will be administered by the cadet's father/male guardian or troop leadership. With parental guidance, please utilize written or online instruction on any unknown movements below. **There will be cases where one of these exercises can't be done by a cadet for unique reasons, if you find yourself in that situation please offer an alternative to your troop leadership for consideration.**

Please ensure you have a monitor when you are practicing or testing in the pool.

1. Requirements

- a. Run 2 miles in under 18 minutes or hike with a 40 pound load for 5 miles. Both tests should be done on a flat course.
- b. Bear crawl 30 yards.
- c. Fireman carry a person of similar build for 25 yards.
- d. Run 40 yards in under 8 seconds.
- e. Run ¼ Mile in 110 seconds.
- f. Perform 5 complete pullups or using 60% of your body weight, perform 10 consecutive repetitions of pulldowns.
- g. Perform 30 pushups or using 60% of your body weight, perform 10 consecutive repetitions of bench press.
- h. Perform 40 crunches.
- i. Perform 10 lunges on each leg (alternating) without resting between repetitions.
- j. Jump rope for 60 seconds without interruption.
- k. Swim 250 meters continuously. This can be done with a stroke of your choosing and should have no rest on any applicable turns.
- l. Swim 15 meters underwater on a single breath.
- m. Swim 50 meters in full Class A uniform with boots (or similar articles of clothing). You may use a stroke of your choosing.
- n. Tread water in the deep end of a pool (feet cannot touch) for 15 minutes. First 5 minutes in full Class A uniform (or similar articles of clothing), then remove boots, and while retaining them, finish the final 10 minutes of treading water. You may bob, float, or flutter, but you may not touch the bottom or sides of the pool.