

A black and white photograph of Oregon State Troopers in uniform, standing in a line. The troopers are wearing dark uniforms and caps with "OREGON STATE TROOPER" written on them. The background is a plain, light-colored wall.

OREGON STATE POLICE

Tactical Athlete - Academy Preparation Guide



Table of Contents

PART 1: INTRODUCTION
PART 2: OSP MISSION AND VISION
PART 3: DISCLOSURE
PART 4: TACTICAL FUELING
PART 5: FUNCTIONAL FITNESS
PART 6: MENTAL PERFORMANCE
PART 7: ESSENTIAL RECOVERY
PART 8: SUMMARY
PART 9: ADDENDUM
PART 10: CONTACTS
PART 11: REFERENCES

Introduction

Your time at academy will be highly motivating, focused, and intense. Training will not only include instruction in discipline, military drill and ceremony, rules and regulations, and department policy, but also defensive tactics, patrol tactics, and much more.

This will be both physically and mentally demanding on you as a new recruit. This preparation guide has been created to help you optimize your physical preparedness, mental toughness, increase overall health, and reduce the risk of injury during the recruitment training period and better increase your abilities as a tactical athlete.

Tactical athletes use their minds and bodies to serve and protect individuals, communities, states, countries, and themselves. They are the first to respond and assist at emergencies, accidents, and disasters. Your ability to serve and protect is limited if you are not in top psychophysiological condition.

We encourage you to review the nutritional guidelines, sample workout plan, and mental resilience practices included in this guide to enhance your optimal performance and begin to develop tools and habits to increase strength, endurance, power, readiness, and recovery before you arrive at the Recruit Academy.

OSP Mission and Vision

The mission of the Oregon State Police is to serve all people with a priority of safeguarding life, property, and natural resources by building upon a diverse, professional, and trustworthy workforce.

OSP will be a leader in delivering high-quality services that support and enhance public safety in the 21st century.

Disclaimer

The information within this packet is distributed to you to review and/or use at your discretion.

It is not mandated by OSP to follow and was built as a resource to aid in preparation for Recruit Academy.

Please speak to your medical provider or professional before starting a fitness program or nutrition plan, especially if you have any physical or medical requirements or restrictions.

Tactical Fueling

It is crucial to fuel your body with a balanced nutrition plan and proper hydration to achieve optimal performance. Nutritional requirements and recommended daily intake values vary person to person based on age, weight, height, training goals, and activity levels. If you are interested in finding your recommended intake values, here are a few apps you could use:

- Cronometer
- Calory: Calorie Counter Macros
- My Fitness Pal

1. Overall Fueling Basics

There are many methods but few principles:

- Strive on fueling your body with a balanced, nutrient dense, whole-foods diet
- Choose from various fruits, vegetables, lean proteins, legumes, nuts, seeds, and 100% whole grains
- Limit added sugars and alcohol consumption
- Build each meal around a protein, then add carbs and fats
- HYDRATE, HYDRATE, HYDRATE

Recommended Daily Intake Values			
Proteins	10-35% daily calories	Complete: animal meat, fish, eggs, dairy, soy, quinoa Incomplete: grains, nuts/seeds, peas/chickpeas, legumes	Combining two incomplete proteins can provide all essential amino acids. Aim for ≥20 grams of protein per meal
Carbohydrates	45-65% daily calories	Complex: fruits and vegetables, sweet potatoes, oatmeal, rice, and 100% whole grains Simple: bread, crackers, pasta, candy, cookies, table sugar, honey	Consume more complex vs. simple carbs Eat higher amounts of carbs on high intensity workout days / lower carbs on rest and recovery days
Fats	20-35% daily calories	Mono-unsaturated: olive, peanut, canola oils, avocados, nuts Omega 3: eggs, leafy vegetables, walnuts, chicken, salmon, mackerel, flaxseed Omega 6: safflower, soybean, walnut, corn oils, avocados, nuts/seeds, whole grain bread	Focus on unsaturated fats. Limit saturated fats. Avoid trans fats.
Water	2.7 - 3.7 liters per day	Adjust intake depending on weight, activity, heat, and altitude	Start the day with a glass of water to replenish what is lost during sleep Carry a water bottle or jug with you at all times
Alcohol	Women: 1 drink or less per day Men: 2 drinks or less per day	1 drink = 12 fl oz of beer, 8-10 fl oz of malt liquor or hard seltzer, 5 fl oz table wine, 1.5 fl oz distilled spirits(vodka, gin, whiskey, rum, tequila)	Be aware and mindful of alcohol use and all risks associated with consumption

If you have specific, dietary restrictions or goals, speak with a registered dietician or nutritionist.

Macronutrients

Macronutrients are nutrient sources that are required in large amounts for physiological and metabolic aspects of performance. Macros include protein, carbohydrates, and fats.

Proteins are responsible for maintaining and restoring muscles, keeping blood cells healthy, producing key enzymes, and strengthening immunity. Amino acids are the building blocks of proteins and are identified as either essential or nonessential. Essential amino acids are not synthesized by body and are obtained through complete protein sources that you eat.

Carbohydrates are the main energy source for high intensity exercise and play a key role in overall energy needs. While there is a lot of negative stigmas around carbs, high-quality carbs provide essential fiber and additional micronutrients that promote healthy gut bacteria and reduce the risk of type II diabetes. High-quality carbs (complex) include things like fruits, vegetables, legumes, nuts, and whole grains.

Fats are critical for physical performance and recovery and for cardiovascular health. They provide a secondary source of stored energy and aid the body in blood clotting and inflammation reduction, and absorption of vitamins and minerals. Not all fats are created equal. Look at nutritional labels to avoid trans fats, limit the consumption of saturated fats from red meats, dairy, and coconut oils/milks, and focus on the unsaturated Omega-3 and Omega-6 fats.

Micronutrients

While micronutrients are not required in high amounts, they are essential for the body to function chemically and biologically. They optimize metabolism, regulate fluid balance, protect the body from damage, and provide structural material for the skeletal system.

Most vitamins and minerals are consumed through the foods that you eat so consuming a well-balanced and healthy diet should provide you as an athlete with all of the necessary micronutrients.

Key micronutrients include calcium, vitamin D, iron, and potassium, magnesium, and zinc.

Hydration

Having the proper intake of water and electrolytes is critical to your performance before, during, and after your training period. It is vital for nutrient transport, cell function, joint lubrication, and removal of waste. Even a 2% drop in hydration causes significant deterioration of cognitive and physical performance.

By not properly intaking fluids, you are decreasing the body's ability to concentrate, reducing reaction times, and decreasing visual motor tracking which is all imperative to your career as an Oregon State Trooper.

Be sure to drink lots of water throughout your days in academy. Start with a glass of water every morning to replenish what you have lost during sleep and continue drinking water throughout your day to avoid the side effects of dehydration.

Fueling During Academy

The physical demands placed on you during your first few weeks of academy will be extensive. Being properly fueled to sustain energy throughout your days is critical to your performance, participation, and recovery. Be sure to be aware of what you are putting into your body and if it is helpful or hurtful to your performance goals.

- Don't skip breakfast
 - Be sure to get a high protein, moderate carb meal to start the day
 - Ex: eggs, whole wheat toast with peanut butter, fruit
- Pack/bring snacks to continue to fuel you during the day, before/after training sessions
 - Protein bars/shakes, jerky, nuts/seeds, electrolyte mixes
- Increase complex - high quality carb intake on high intensity training days
 - 100% whole grains, rice, sweet potatoes, fruits, and vegetables
- DRINK WATER!!
 - Use your water bottle! Keep it full, drink it often throughout the day.

Functional Fitness

When you arrive at Recruit Academy, you will be expected to perform extremely demanding physical tasks such as the OSP Physical Fitness Test, Defensive Tactics training, and extensive strength and conditioning workouts.

It is highly encouraged to start a physical fitness training program before you arrive at Recruit Academy to better prepare yourself for these tasks and to avoid injury upon participation.

A sample, 8-week Functional Fitness Program can be found below. **OSP does not require you to follow this program.** It is here for you as a reference guide and can be used as a General Physical Preparedness (GPP) program to see where you are currently at physically and gauge whether you are prepared to meet the demands of Academy.

If you currently follow other fitness programs such as CrossFit or StrongFirst, those would also be appropriate.

*** Always talk to a medical provider or professional before starting a functional fitness program ***

Equipment:

No equipment is required for this program, cones could be utilized if available
All movements are focused on calisthenics and cardiovascular performance

Definitions:

MAX - as many reps as possible until failure

Sets x Reps - number of series of the repetitions x repetitions of a single exercise

Shuttle Sprints - 5 cones placed 5 yards apart, 20 yards total start at cone 1, sprint to cone 2 and back to 1, next sprint from cone 1 to cone 3 and back to 1, repeat for 4 and 5

Ladders (1-8:8-1 / 1-10:10-1) - Multiply the number of reps next to each exercise by the step of the ladder, work your way up the ladder and back down, complete for time

Example: Step 1: 1 push up, 2 squats, 3 flutter kicks, Step 2: 2 push-ups, 4 squats, 6 flutter kicks, Step 3: 3 push-ups, 6 squats, 9 flutter kicks..... Step 8: 8 push-ups, 16 squats, 24 flutter kicks, then work back down all the way to Step 1: 1 push-up, 2 squats, 3 flutter kicks

Percentages % - complete exercise at that percentage of your maximal effort

Dynamic Warmups:

DW 1:	DW 2:	DW 3:
Walk/Jog/Bike/Row 5 min - easy pace 20 jumping jacks 15 air squats 10 reverse lunges 10 push-ups	Place cone 10 yards away Jog - down/back x 2 High knees - down Butt kickers - back Right side lunges - down Left side lunges - back Close the gate R/L - down Open the gate R/L - back Karaoke - down/back Sprint - down/back	Walk/Jog/Bike/Row 5 min - easy pace 20 jump squats 15 walking lunges 10 Frankenstein kicks 10 push-ups

8-Week OSP Tactical Athlete Functional Fitness Program

WEEK 1				
Day 1	Day 2	Day 3	Day 4	Day 5
A: DW 2 B: OSP PFT 1 min sit-ups Push-ups (to failure) 300m sprint 1.5-mile run <i>Refer to OSP PFT Minimum Requirements Addendum at the end of this document</i> rest as needed between efforts	A: DW 1 B: push-ups 1xMAX sit-ups 1xMAX C: Ladder 1-8:8-1 push-ups 1x squats 2x flutter kicks 3x D: 100m sprint 5x @ 70-80% rest as needed between efforts	REST/Recovery 30 min walk 15-20 min yoga	A: DW 3 B: 10 regular push-ups 20 squats 5 diamond push-ups 20 walking lunges 3x C: 10 burpees 400m run 10 burpees 2x rest 3-5 min between sets	REST/Recovery 30 min walk 20-30 min yoga
WEEK 2				
A: DW 1 B: 0.30:0.30 work/rest bear crawls burpees squats 15 min for max reps C: 1-mile run for time	A: DW 2 B: 15 regular push-ups 10 diamond push-ups 10 wide push-ups 2x rest as needed C: Sprint work 20m x2 @ 50% 20m x2 @ 90% 40m x2 @ 75% 40m x3 @ 90% 60m x4 @ 90% 100m x1 @ 50% 100m x2 @ 90% rest as needed D: 25 sit-ups 20 oblique crunches (each side) 30 flutter kicks 2x	REST/Recovery 30 min walk 15-20 min yoga	A: DW 3 B: push-ups 1xMAX sit-ups 1xMAX C: 1.5-mile run for time D: push-ups 1xMAX sit-ups 1xMAX	REST/Recovery 30 min walk 20-30 min Yoga

WEEK 3				
Day 1	Day 2	Day 3	Day 4	Day 5
A: DW 3 B: push-ups 1xMAX sit-ups 1xMAX C: push-ups 5x @ 40-50% of reps from B 60-90 sec rest between sets D: 2-mile run for time	A: DW 1 B: Ladder 1-10:10-1 push-ups 1x squats 2x flutter kicks 3x C: 300m sprint 2x @ 70-80% rest as needed between efforts	REST/Recovery 30 min walk 15-20 min yoga	A: DW 2 B: push-ups 1xMAX sit-ups 1xMAX C: 800m run 30 burpees 400m run 20 burpees 100m run 10 burpees complete for time rest as needed between efforts	REST/Recovery 30 min walk 20-30 min yoga
WEEK 4				
A: DW 1 B: 20 regular push-ups 15 diamond push-ups 15 wide push-ups 2x C: 20 lateral lunges 20 flutter kicks 3x rest as needed between efforts	REST/Recovery 30 min walk 15-20 min yoga	A: DW 3 B: 10 push-ups 10 sit-ups 10 squats continuous for 9 min 8 push-ups 8 sit-ups 8 squats continuous for 9 min 5 push-ups 5 sit-ups 5 squats continuous for 9 min 1 min rest between efforts	REST/Recovery 30 min walk 20-30 min yoga	A: DW 2 B: Push-up Challenge 0.30:0.30 work/rest push-ups ext. plank hold 5 minutes for max reps C: 20 yd shuttle sprints 1x @ 50% 1x @ 70% 3x @ 90% rest as needed between efforts
WEEK 5				
A: DW 2 B: 1-mile run for time ----- 150 push-ups 150 sit-ups 150 squats rest as needed, break up reps as needed ----- 1-mile run for time	REST/Recovery 30 min walk 15-20 min yoga	A: DW 1 B: Ladder 1-10:10-1 lunges 1x push-ups 2x sit-ups 3x for time	REST/Recovery 30 min walk 20-30 min yoga	A: DW 3 B: 1.5-mile run for time C: push-ups 1xMAX sit-ups 1xMAX

WEEK 6				
Day 1	Day 2	Day 3	Day 4	Day 5
A: DW 3 B: 1-mile run ---- 10 push-ups 10 sit-ups 10 squats 5 minutes ---- 800m run ---- 30 burpees ---- 400m run ---- push-ups 1xMAX complete for time rest as needed	REST/Recovery 30 min walk 15-20 min yoga	A: DW 2 B: 20 regular push-ups 15 diamond push-ups 15 wide push-ups 3x C: 30 sit-ups 20 oblique crunches (each side) 30 flutter kicks 3x D: 20 yd shuttle sprints 1x @ 50% 1x @ 70% 3x @ 90% rest as needed between efforts	REST/Recovery 30 min walk 15-20 min yoga	A: DW 1 B: 400m run 20 push-ups 20 squats 3x rest 8-10 min. C: 10 burpees 25 bear crawls 25 lateral lunges 3x for time
WEEK 7				
A: DW 2 B: 800m run @ 60% 800m run @ 85+% 400m run @85+% 400m run @ 85+% 3-5 min rest between each run 100m sprint 4x @ 90% 2-3 min rest between sprints C: 20..18..16..14..12.. 10..8..6..4..2 push-ups sit-ups complete for time	A: DW 3 B: 20 yd shuttle sprint ----- 0.30:0.30 work/rest burpees flutter kicks ----- 30 min for max reps	REST/Recovery 30 min walk 15-20 min yoga	A: DW 1 B: push-ups 1xMAX sit-ups 1xMAX C: 3-mile run D: push-ups 1xMAX sit-ups 1xMAX	REST/Recovery 30 min walk 20-30 min yoga
WEEK 8				
A: DW 1 B: 300m sprint 30 push-ups 40 sit-ups 50 squats 5x	A: DW3 B: 5 burpees 50 ft. walking lunges 10 flutter kicks 50 ft. bear crawls 15 min for max sets	REST/Recovery 30 min walk 15-20 min yoga	A: DW2 B: 1.5-mile run (easy pace) push-ups 1xMAX sit-ups 1xMAX	REST/Recovery 30 min walk 15-20 min yoga

Mental Performance

We have covered the physical demands of training but preparing yourself for the mental demands of academy is vital for your success as a new recruit. You are expected to have discipline, keep a good attitude and demeanor, follow the OSP Standards of Conduct, and keep to strict schedules and guidelines that will test your mental resilience.

As with any muscle in the body, your brain is a muscle that needs training and exercise to get stronger. You need to have mental resilience practices in place to not just survive the training period, but also to thrive in your career as an Oregon State Trooper.

One mental performance practice that is often discussed is mindfulness. Mindfulness is the idea of being fully present and aware of both you and your surroundings. This means, paying attention, on purpose, in the present moment, without judgment.

Practicing in daily mindfulness exercises increases self- and situational awareness, decision-making abilities, reaction management, and creates more intentional responses. Below are a few examples of mindfulness practices that you can add to your daily routine to utilize before, during, and after recruit academy training.

Tactical Breathing:

Your breath is also a tool that is always with you. It gives you the ability to self-regulate and tap into the parasympathetic nervous system which will reduce your heart rate, increase oxygen intake, increase lung capacity, and reduce the negative effects of stress on the mind and body. Whenever you need to take a tactical pause: a strategic moment taken to regain situational awareness and intentionally refocus on the task in front of you, try one of these techniques.

Types of tactical breathwork:

- **Recovery Breath:** used to regulate after activation; **inhale** through the nose for **3** seconds, inflating the low belly like a balloon, **exhale** through the nose for **5** seconds
- **Coherency Breath:** gives us the ability to reach the optimal state of consciousness, where we feel and perform our best; **inhale** through the nose for **3** seconds, inflating the low belly like a balloon, **hold** at the top of the breath for **2** seconds, **exhale** out of the nose for **5** seconds
- **Box Breathing/Combat Breathing:** **inhale** through the nose for **4** seconds, **hold** at the top of the breath for **4** seconds, **exhale** through the nose for **4** seconds, **hold** at the bottom of the breath for **4** seconds

Guided Examples:

- [10-Minute Combat Breathing](#) presented by Yoga for First Responders
- [After Action 5 Minute Hands Free Alternate Nostril Breathing](#) presented by Yoga for First Responders

Tension/Release:

Tension release or progressive muscle relaxation (PMR) is a great tool to help identify the difference between tension and relaxation, bring self-awareness to where you are holding that tension, and give you the ability to release the stress built up in your body.

There are two ways to do tension/release. The first is a full body, the second is progressive.

Full body tension release:

- Find a comfortable position lying down or seated and begin doing belly breathing
- Start at your feet and work your way up to your head and face, tensing each muscle group up your body until your whole body is completely flexed and tight, do not hold your breath
- Notice the feeling of the tension in the body
- Exhale - starting from the face and head, slowly release each muscle group until the body is completely relaxed
- Identify the feelings and sensations within the body after releasing tension
- Repeat 2-3 times

Progressive tension release:

- Tense one section of your body and hold for 10 seconds (ex: fist, arm, leg)
- Notice the feeling of the tension in that area
- Exhale - release the muscle and identify the feelings and sensations within that area after releasing tension
- Continue doing different sections, 1 muscle group or body part at a time

Guided Example:

- [Progressive Muscle Relaxation](#) presented by Australian Department of Veterans' Affairs

Physical Drills:

Training in physical drills not only increases strength, stability, and mobility, but also supports functional movements required by tactical athletes. It enhances spinal health and alignment, strengthens focus and attention skills, facilitates awareness, changes the perception of stress from a threat to a challenge, and releases the stress and trauma that is built up in the fascia and connective tissues.

Guided Examples:

- [20-Minute Yoga for Functional Mobility](#) presented by Yoga for First Responders
- [10-Minute 5 Sun Salutations](#) presented by Yoga for First Responders
- [8-Minute Yoga for Mindful Movements](#) presented by Yoga for First Responders
- [10 Minute Yoga For Recovery](#) presented by Yoga for First Responders

Cognitive Declarations - Tactical Communication:

One of the many topics you will cover in training is tactical communication and the way you present yourself as a law enforcement professional. You will learn methods of how to “turn on” the tactical mindset, to include phrases or mantras that will assist you in shifting between your personal and professional selves.

Being able to turn “on” the professional/tactical mindset can create focus, calmness, awareness, and create more intentional reactions and responses. You also need the ability to turn the tactical mindset “off” and return to your personal mindset after critical or intense situations.

Cognitive Declarations or anchor phrases are short, positive statements that allow you to replace negative ways of thinking and keep you tethered to the present moment. CD's are best utilized along with the tactical recovery breathing (inhale for 3, exhale for 5).

Cognitive Declaration Examples:

- Positive, present tense, short, statements that match what you need in that moment
 - Inhale, “I am calm” - Exhale, “I am in control”
 - Inhale, “I am safe” - Exhale, “My work is complete”
 - Inhale, “I am strong” - Exhale, “I have got this”
- Create your own positive anchor phrases that work best and are meaningful to you

Guided Example:

- [Cognitive Declarations w Breathwork](#) presented by Yoga for First Responders

For more information regarding mental performance and stress management techniques, visit the YogaShield® YogaForFirstResponders® website [HERE](#).

Essential Recovery

We are only as resilient as our ability to recover. Establishing mindfulness practices into your daily routine will accelerate and enhance your ability to recover and in-turn, become more resilient.

Neurological Resets

Neurological Resets are a tool for recovery and giving you the ability to bring your nervous system back to baseline after activation, similar to cognitive declarations. During your training period, you will continuously be exposed to situations that will elevate your sympathetic nervous system, increasing your heart rate and activating the stress response in our body. Performing one of the neuro resets below will enable you to switch into the parasympathetic nervous system, re-regulate the body, decrease the heart rate, bring you back to homeostasis, or give your mind something to focus on before falling asleep.

Neurological Reset Examples:

- Sensory Awareness
 - **10 sounds:** anchoring a person to the present moment and place; begin belly breathing and close your eyes, listen, and identify 10 different sounds that you hear around you, can repeat
- Single Point Focus
 - **Belly breath countdown:** begin deep, slow belly breathing, inhale through the nose, at the bottom of the exhale - start the countdown from 20, next exhale, 19...18...17..., if you lose count or the mind wanders - start the countdown back over at 20
- Concentration
 - **Body Scan:** begin belly breathing and close your eyes, starting at the top of the head, focus your attention to that specific part of the body, notice any sensations, tension, pressure, or pain, move onto the neck and shoulders, focus the attention on the feelings there, continue to work your way down to the arms, torso, hips, lets, and end at the feet.

Sleep

A large part of recovery is sleep. Not getting enough sleep can have severe impacts on performance and attitude throughout the day. Tactical athletes suffering from sleep deprivation experience uncontrollable mood swings, weight gain, headaches, errors in performance or judgement, decrease in alertness, vigilance, memory, concentration, problem solving, and falling asleep during the day.

Due to varying training schedules, you may experience sleep deprivation at some point during your recruit period. Having good sleep hygiene practices in place will help to assist you with getting the most out of your sleep to insure you are ready and prepared for the next day's training tasks. Implementing practices similar to the one's below will help you get a sleep routine in place before arriving to academy.

Tips for establishing a Sleep Hygiene Program:

1. Avoid screen time 30 - 60 minutes before bed
 - a. Turn off the TV, put away computers, cell phones, or tablets
2. Create a sleep schedule
 - a. Go to bed and wake up at the same time each day
3. Stop Snoozing!!
 - a. Get up and out of bed when your alarm goes off
 - b. Try not to hit snooze or lay in bed long after the first alarm
4. Exercise 20 - 30 minutes per day, no later than a few hours before going to bed
5. Create a sleep ritual
 - a. Read a book, meditate, take a warm shower, do breathing exercises, etc.
6. Reserve the bed for sleep
 - a. Avoid other tasks like watching tv or working on a computer from the bedroom
7. Keep the room dark and cool
 - a. Invest in black-out curtains, have cooling sheets, a fan, or keep the room between 65° - 69° F
8. Limit the consumption of caffeine or alcohol, especially later in the day/evening

Summary

OSP strives for high-quality service from our public safety professionals. We are committed to our five values (honor, loyalty, dedication, compassion, integrity), we support the mission and vision of this agency.

In order to perform at the highest level, you will need to be physically and mentally prepared to take on any challenge, react and respond to any threat, and invest in your health and wellness throughout your entire career.

“Excellence is an art won by training and habituation. We do not act rightly because we have excellence, but rather have it because we have acted rightly. Excellence is formed by doing the actions. We are what we repeatedly do. Excellence, then, is not an act but a habit.”

- Will Durant

We hope that this preparation guide has been a valuable tool to assist you in preparing for the Recruit Academy, for your career as an Oregon State Trooper, and has provided you with a foundational understanding of the importance of your health, wellness, and resiliency in your personal and professional lives.

Use this resource to start creating habits and practices that you can use daily to invest in yourself, your health, and your career.

We wish you the very best during your training period and look forward to seeing you thrive as an Oregon State Police Trooper.

Addendum: OSP PFT Minimum Requirements

Repetition or time requirements based on gender and age are indicated on the chart below.

Oregon State Police Physical Fitness Test (OSP PFT)										
Dynamic Strength Test (Sit-Up) 1 minute timed						Dynamic Strength Test (Sit-Up) 1 minute timed				
Females						Males				
	Age 20-29	Age 30-39	Age 40-49	Age 50-59			Age 20-29	Age 30-39	Age 40-49	Age 50-59
Minimum	32	25	20	14		Minimum	38	35	29	24
Anaerobic Power Test (300 Meter)										
Females						Males				
	Age 20-29	Age 30-39	Age 40-49	Age 50-59			Age 20-29	Age 30-39	Age 40-49	Age 50-59
Maximum (Seconds)	71.0	79.0	94.0	113.0		Maximum (Seconds)	59.0	58.9	72.0	83.2
Dynamic Strength Test (Push-Up) Not timed, to failure										
Females						Males				
	Age 20-29	Age 30-39	Age 40-49	Age 50-59			Age 20-29	Age 30-39	Age 40-49	Age 50-59
Minimum	15	11	9	5		Minimum	29	24	18	13
Cardiorespiratory Fitness Test (1.5 Mile Run)										
Females						Males				
	Age 20-29	Age 30-39	Age 40-49	Age 50-59			Age 20-29	Age 30-39	Age 40-49	Age 50-59
Maximum (Minutes)	15:05	15:56	17:11	19:10		Maximum (Minutes)	12:29	12:53	13:50	15:14

Contacts

If you have any questions regarding OSP's Recruit Academy Training or any of the contents within this guide, please reach out to Training **Sergeant Melody Richmond** at:

osp.trooper@osp.oregon.gov

503-378-4931

Resources

A Mindful Lift - Benefits of Mindful Meditation in Strength and Conditioning - Part 1 - Elizabeth Hope, MA, USAW-2, Meagan Wilson, and Brian Gearity, PHD, CSCS, FNCSA

Des Moines Regional Police Academy Cooper Assessment Preparation Guide

Foundations of Fitness Programming - National Strength and Conditioning Association

Human Performance for Tactical Athletes, O2X Human Performance

*Improving Recovery for Tactical Athletes, Kimberly Allen, MA, CSCS, *D, TSAC-F, *D*

NSCA's Essentials of Tactical Strength and Conditioning, Brent A. Alvar, Katie Sell, Patricia A. Deuster

Physical Fitness and Wellness at the Hallandale Beach Police Department, Sonia Quinones

Sleep Hygiene and Blue - Elizabeth Willman MS, LPC, CSAC, SAP

Sleep Hygiene Strategies for Tactical Athletes - Canaan Heard, MS, CSCS, NSCA-CPT

Yoga for First Responders: Instructor Guide, Olivia Meade and faculty