U.S. PARK POLICE

PHYSICAL EFFICIENCY BATTERY (PEB)

FACTS & FREQUENTLY ASKED QUESTIONS (FAQS)

HISTORY

The duties of a law enforcement position are arduous or hazardous in nature. The Department of the Interior (DOI) Department Manual (DM) Series 21: Law Enforcement and Security, Part 446: Law Enforcement, establishes the standards, qualifications and procedures for selection, training, performance evaluation, conduct and discipline of its law enforcement personnel. Under DM Series 21, Part 446, The U.S. Park Police established the Federal Law Enforcement Training Center (FLETC) Physical Efficiency Battery (PEB) as the minimum physical performance standard and requirement for entry level applicants to pass prior to appointment to a law enforcement position.

WHAT IS THE FLETC PEB?

The FLETC PEB is a fitness test consisting of five different components to measure the fitness level of the law enforcement applicants.

1. **Body Composition.** The test consists of measuring body fat at three different sites with skinfold calipers. The following sites are measured depending on the gender:

   Males: Chest, Abdomen, and Thigh

   Females: Triceps, Hip, and Thigh

2. **Illinois Agility Run.** This test measures power and speed while changing directions. The applicant will lay on the floor in a prone position. They will then get up and sprint 30 feet and return. They will then negotiate 4 obstacles covering a 30 foot area and return through the obstacles. The test concludes with another 30 foot sprint and return.

3. **Sit and Reach.** This test measures flexibility in the lower back, legs and shoulders. The applicant will sit on the floor in front of the measuring device. They will bend at the waist pushing a block down the device. The stretch must be a static stretch and calves must remain in contact with the floor.

4. **Bench Press.** This test measures upper body strength for one repetition. The test is conducted on a single fulcrum bench for safety purposes. The applicant is to press the weight straight up until they have locked out their arms.

5. **1.5 Mile Run.** This test measures the cardiovascular/respiratory system.

Note: At this time, applicants are not evaluated for body composition. Subsequent to selection, body composition is evaluated as part of ongoing PEB administration.

WHAT ARE THE TEST STANDARDS?

Each test is scored separately and you must meet the minimum physical performance standard (70) on each and every test. The U.S. Park Police utilizes the FLETC PEB scoring standard listed below. The current FLETC scoring standard can be found at Physical Efficiency Battery (PEB) | Federal Law Enforcement Training Centers (fletc.gov).

The U.S. Park Police standards are as follows:

Sit and Reach Standards						
Efficiency Score	20-29		30-39		40-50+	
	Trunk Flex (Inches)		Trunk Flex (Inches)		Trunk Flex (Inches)	
	Male	Female	Male	Female	Male	Female
100	25	26	24	25	23	24
95	24	25	23	24	22	23
90	23	24	22	23	21	22
85	21	22	20	21	19	20
80	19	20	18	19	17	18
75	15	16	14	15	13	14
70	11	12	10	11	9	10
65	7	8	6	7	5	6
60	3	4	2	3	1	

Bench Press Standards						
Efficiency Score	20-29		30-39		40-50+	
	Body Weight Pushed (%)		Body Weight Pushed (%)		Body Weight Pushed (%)	
	Male	Female	Male	Female	Male	Female
100	135	87.8	130	84.5	125	81.3
95	125	81.3	120	78.0	115	74.8
90	115	74.8	110	71.5	105	68.3
85	105	68.3	100	65.0	85	61.8
80	95	61.8	90	58.5	85	55.3
75	85	55.3	80	52.0	75	48.8
70	75	48.8	70	45.5	65	42.3
65	65	42.3	60	39.0	55	35.8
60	55	35.8	50	32.5	45	29.3

Agility Standards						
Efficiency Score	20-29		30-39		40-50+	
	Time (Seconds)		Time (Seconds)		Time (Seconds)	
	Male	Female	Male	Female	Male	Female
100	15.90	17.80	16.40	18.90	17.35	20.55
95	16.35	18.35	16.85	19.45	17.80	21.10
90	16.80	18.90	17.30	20.00	18.25	21.65
85	17.25	19.45	17.75	20.55	18.70	22.20
80	17.70	20.00	18.20	21.10	19.15	22.75
75	18.15	20.55	18.65	21.65	19.60	23.30
70	18.60	21.10	19.10	22.20	20.05	23.85
65	19.05	21.65	19.55	22.75	20.50	24.40
60	19.50	22.20	20.00	23.30	20.95	24.95

1.5 Mile Run Standards						
Efficiency Score	20-29		30-39		40-50+	
	Time (Minutes:Seconds)		Time (Minutes:Seconds)		Time (Minutes:Seconds)	
	Male	Female	Male	Female	Male	Female
100	9:00	10:48	10:00	12:00	11:00	13:12
95	9:55	11:53	10:55	13:05	11:55	14:17
90	10:50	12:58	11:50	14:10	12:50	15:22
85	11:45	14:03	12:45	15:15	13:45	16:27
80	12:40	15:08	13:40	16:20	14:40	17:32
75	13:35	16:13	14:35	17:25	15:35	18:37
70	14:30	17:18	15:30	18:30	16:30	19:42
65	15:25	18:23	16:25	19:35	17:25	20:47
60	16:20	19:28	17:20	20:40	18:20	21:52

HOW DO I PHYSICALLY PREPARE MYSELF TO BE A U.S. PARK POLICE OFFICER?

Apply the following principles:

1. **Specific adaptations to imposed demands.** You need to have physical training goals and objectives that are specific. Physical changes to exercise take time. Neural changes occur within the first four weeks of a physical training program. Muscular changes occur at minimum after eight weeks of consistently training or following a physical training program.

2. **Periodization.** A strategy for organizing long-term training. You need to have a plan for your goals and objectives. If you fail to plan, then plan to fail. You need to make time to physically prepare yourself. The questions you should be asking yourself are what energy systems and physical qualities will I need to be develop? What muscular

development principles can I utilize? Then you will need to develop a monthly training cycle. Within each month of training, you will need to choose the proper progressive overload principles and select program design methods that are applicable to your goals and objectives? Lastly, within the weekly training cycle, you will need to choose the proper exercises and auto-regulate accordingly. See below for examples. Contact the U.S. Park Police Medical and Fitness Program Manager for more information.

3. **Auto-regulation or recovery periods**. Proper recovery is necessary for you to achieve your goal. Think about the minimum and maximum amount of work you will need for your training program. The minimum effective dose is the lowest dose of a training stimulus that will provide a beneficial response. The maximum tolerated dose is the maximum possible dose of a training stimulus that produces a therapeutic effect. If you want to be successful, then physical readiness is essential to your success. Longevity in this career field depends on how well you take care of yourself.

Periodization

Macrocycle	**Mesocycle**	**Microcycle**
Quarter	Month	Week
3 Months	4 Weeks	7 Days

Energy Systems and Work to Rest Ratios

Energy Systems Development	Anaerobic – Phosphagen		Anaerobic – Glycolytic			Aerobic				
Muscular Fitness Development	Power		Strength			Hypertrophy			Muscular Endurance	
Work to Rest Ratios (Seconds)	1:20	1:6	1:5	1:4	1:3	1:3	1:2	1:1	1:1	2:1

Muscular Development Principles

	Load (RPE)	**Sets**	**Reps**	**Rest**
Strength	≥8+	2-6	≤6	2-5 minutes
Power	7-9	3-5	1-5	2-5 minutes
Hypertrophy	6-8	3-6	6-12	30-90 seconds
Endurance	<7	2-3	≥12	30 seconds

Progressive Overload

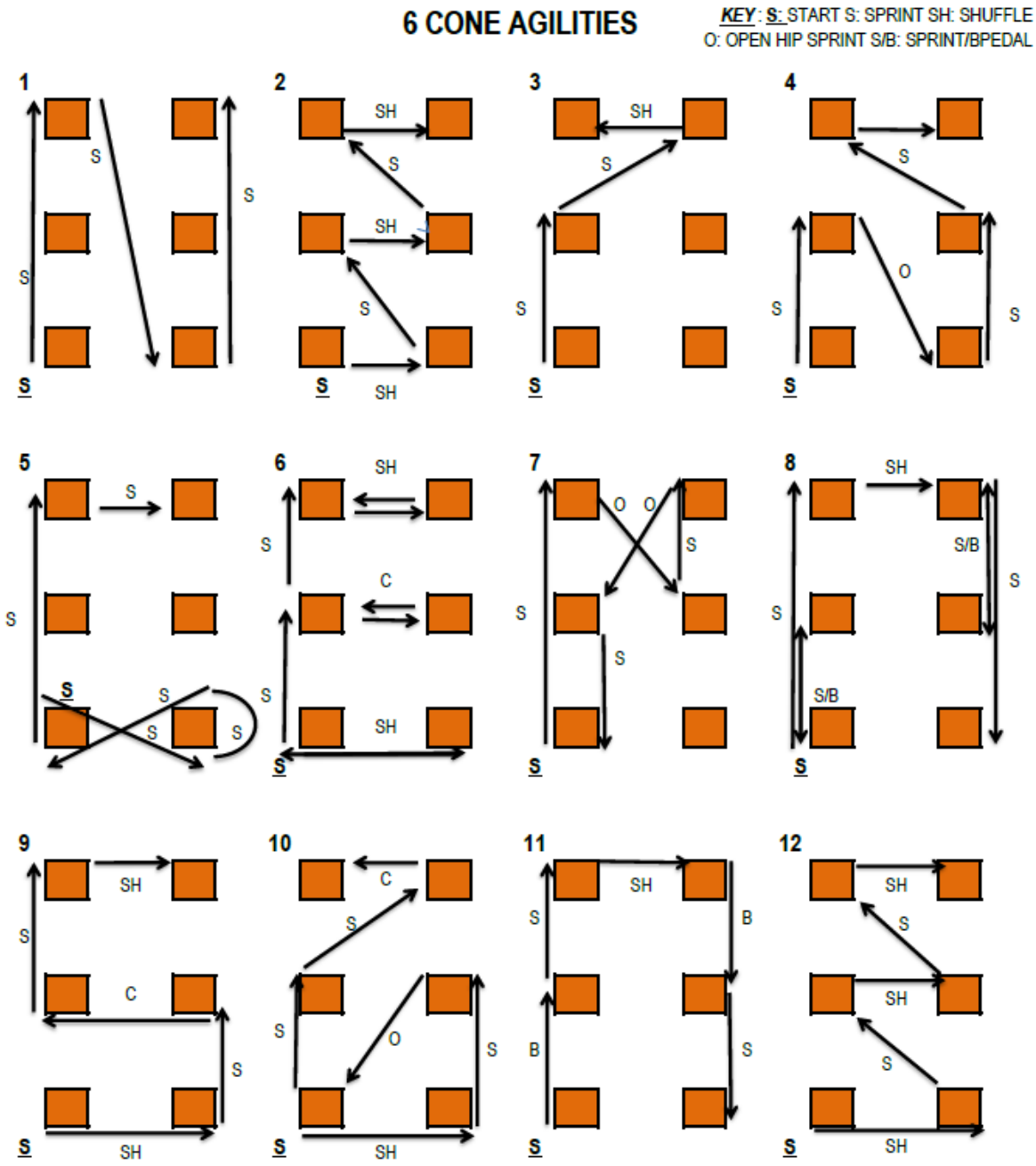
Variable	Description
Intensity	% of 1RM / HR / max power / exercise impulse levels
Volume	Reps per set / sec or min per interval / reps
Density	Volume of work per unit of time
Tempo	Speed of reps / movement speed / contact time
Range of Motion (ROM)	Progressive distance training
Rest Periods	Decreases simultaneously while density increases
Rate of Perceived Exertion (RPE)	Scale of 1 – 10 (10 = max effort)
Exercise Selection	Complexes / more movement planes

Movements

Movements	Exercise Example
Squat	Back Squat, Goblet, Single Leg, Lunge
Hinge	Hip Bridge, Deadlift, Kettlebell Swing
Push	Push-up, Bench press, Overhead press
Pull	Pull-up, Seated Row, Bent Over Row
Carry	Farmers, Single Arm, Waiters
Other	Olympic, Control Tactics, Core, Bracing, Running, Sprinting, etc.

WHAT EXERCISES CAN I DO TO PREPARE FOR THE FLETC PEB?

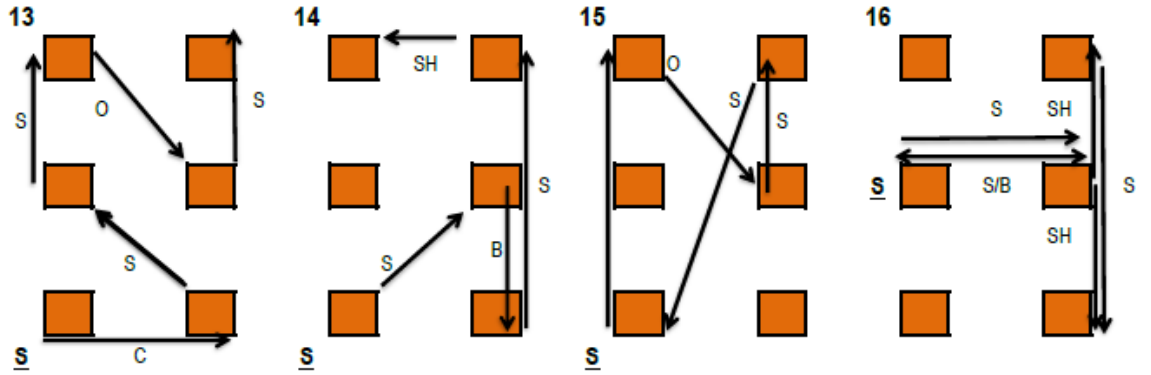
Illinois Agility Run

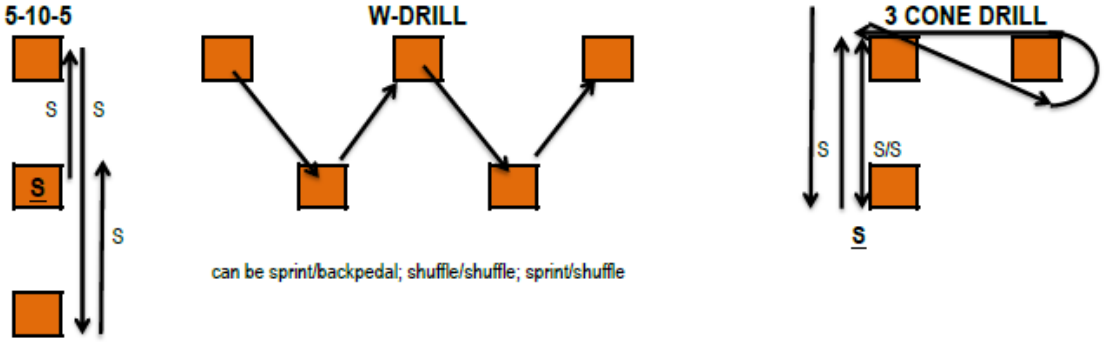


ALL CONES ARE 5 YARDS APART

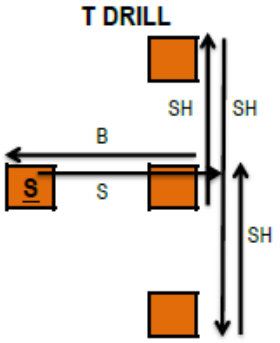
6 CONE AGILITIES ETC. AGILITIES

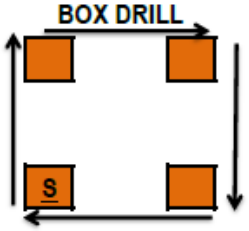
KEY: S: START S: SPRINT SH: SHUFFLE
O: OPEN HIP S/B: SPRINT/BPEDAL



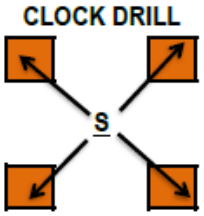


can be sprint/backpedal; shuffle/shuffle; sprint/shuffle

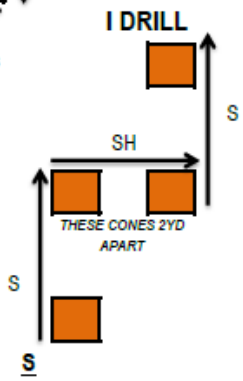




sprint/shuffle/bpdedal/shuffle or any combination



Sprint/Backpedal to each cone from middle; clockwise then counter



Sit and Reach

Exercises
Forward Leg Swings
Lateral Leg Swings
Single Leg RDL w/ Overhead Reach
World's Greatest Stretch
Inchworms

Bench Press

Movements	**Regression 1**	**Regression 2**	**Standard**	**Progression 1**	**Progression 2**
Push (Body Weight)	Modified or Wall Push-Up	Stability Ball Push-Up	Push-Up	Archer Push-Up	Plyometric Push-Up
Push (External Load)	Machine Chest Press	Barbell Bench Press	Dumbbell Bench Press	Single-Arm Dumbbell Press	Split-Stance Single-Arm Cable Press

1.5 Mile Run

Treadmill Conditioning

Work	**Speed**	**Rest**	**Incline**
:20	9.5	HR 135	3% to 5%
:40	9.5	HR 135	3% to 5%
:60	9.5	HR 135	3% to 5%
:20	10.5	HR 135	3% to 5%
:40	10.5	HR 135	3% to 5%
:60	10.5	HR 135	3% to 5%
:20	12	HR 135	3% to 5%
:40	11.5	HR 135	3% to 5%
:60	10.7	HR 135	3% to 5%
:20	12	HR 135	3% to 5%
:40	11.5	HR 135	3% to 5%
:60	10.7	HR 135	3% to 5%
:20	12	HR 135	3% to 5%
:40	11.5	HR 135	3% to 5%
:60	10.7	HR 135	3% to 5%

*Speed or as fast as possible

Week 1	Week 2	Week 3	Week 4
Treadmill Sprints 15s work 45s rest 10 Rounds Incline 3%	Treadmill Sprints 15s work 45s rest 10 Rounds Incline 4%	Treadmill Sprints 15s work 45s rest 10 Rounds Incline 5%	Treadmill Sprints 15s work 45s rest 10 Rounds Incline 6%
Run 1 mi @ 85% Goal Pace 2x800m Sprint @ 70% of Goal Pace	Run 1 mi @ 87% Goal Pace 2x800m Sprint @ 80% of Goal Pace	Run 1 mi @ 90% Goal Pace 2x800m Sprint @ 90% of Goal Pace	Run 1 mi @ 95% Goal Pace 2x800m Sprint @ 95% of Goal Pace

WHO CAN I CONTACT FOR MORE INFORMATION?

The U.S. Park Police Medical and Fitness Program, Joseph Ryan C. Castro at josephryan_castro@nps.gov.