

*APPENDIX E*  
*GUAM INTERNATIONAL AIRPORT AUTHORITY*

June 29, 2018

Chief Joseph I. Cruz  
Chairman  
**Guam P.O.S.T. Commission**  
Room 2232  
Student Services & Administration Building  
Guam Community College  
Mangilao, Guam 96910

Re: A.B. Won Pat International Airport Authority P.O.S.T. Physical Fitness Qualification Test  
Standard Operating Procedures

*Hafa Adai* Chairman Cruz:

Attached herewith is the A.B. Won Pat International Airport Authority (GIAA)'s draft P.O.S.T. Physical Fitness Qualification Test Standard Operating Procedures (SOP). It includes all three (3) components essential to meeting the spirit and intent of Public Law 34-49:

1. Physical Fitness Program
2. Health and Nutrition Program
3. Physical Fitness Qualification Test

Thank you for your consideration for the A.B. Won Pat International Airport Authority P.O.S.T. Physical Fitness Qualification Test Standard Operating Procedures. We hope you and the members of the P.O.S.T. Commission will find that our SOP is enough to meet approval with the 34<sup>th</sup> Guam Legislature.

If you have any questions or concerns, please let me know.

*Senseramente,*



Charles H. Ada II  
Executive Manager

Attachment

cc: Executive Director, Guam P.O.S.T. Commission  
ARFF Fire Chief  
Chief of Airport Police

**A.B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM**

**P.O.S.T. PHYSICAL FITNESS QUALIFICATION TEST  
STANDARD OPERATING PROCEDURES**

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**P.O.S.T. PHYSICAL FITNESS QUALIFICATION TEST ("PFQT")  
STANDARD OPERATING PROCEDURES ("SOP")**

**SECTION 1. PURPOSE & APPLICABILITY**

- 1.1 The A.B. Won Pat International Airport Authority, Guam ("GIAA"), in consultation with the Peace Officer Standards and Training (P.O.S.T.) Commission, is required by 17 G.C.A. §§ 51101, et seq. and 27 G.A.R. §§ 3101, et seq. to implement and administer a mandatory physical fitness qualification test for Category 1 Peace Officers (Airport Police Officers and Civilian Volunteer Police Reserve Officers) and Category 2 Peace Officers (Aircraft Rescue Fire Fighting ("ARFF") Officers). In order to implement and administer the PFQT, GIAA is adopting the P.O.S.T. Physical Fitness Qualification Test ("PFQT") Standard Operating Procedures ("SOP") to provide guidance and procedures to assist P.O.S.T. personnel to meet the PFQT standards to obtain and maintain P.O.S.T. certification. The SOP is applicable to all Airport Police Officers, Civilian Volunteer Police Reserve Officers (collectively, "Airport Police Officers"), and ARFF Officers (when referring to both Airport Police Officers and ARFF Officers, individually each a "peace officer" and collectively, "peace officers"). All peace officers are required to successfully complete the annual PFQT before December 31<sup>st</sup> of each year.
- 1.2 Each individual peace officer is solely responsible for compliance with 17 G.C.A. §§ 51101, et seq., 27 G.A.R. §§ 3101, et seq. and this SOP. Nothing herein shall be construed to exempt an individual peace officer or place responsibility on any other person or entity other than the peace officer to ensure compliance with P.O.S.T. requirements.

**SECTION 2. P.O.S.T. COMMISSION**

- 2.1 The P.O.S.T. Commission's (the "Commission's") mission is to establish and set minimum standards for training, hiring, ethical conduct and retention for peace officers through testing and certification.
  - 2.1.1 In consultation with its member agencies, the Commission has the authority to establish minimum standards for the training and certification for each classification of peace officer.
  - 2.1.2 The Commission and its Executive Director are responsible for collaborating with member agencies to ensure the administration of the PFQT.
  - 2.1.3 The Commission shall develop forms and methods for member agencies to use and follow for processing and testing.
  - 2.1.4 The Commission has the authority and responsibility to deny, suspend, or revoke the certification of peace officers, to include revocation based on the failure to achieve training requirements or the inability to maintain physical fitness standards.
  - 2.1.5 The Commission has the authority and responsibility to conduct inspections of peace officer training programs to ensure that established standards are maintained.



### **SECTION 3. NEW P.O.S.T. PEACE OFFICER HIRES**

- 3.1 All applicants for Category 1 or Category 2 Peace Officer positions, aside from other pre-employment requirements required by 27 G.A.R. § 3104, must provide medical certification showing that they can participate in and pass the PFQT.

### **SECTION 4. GIAA PFQT PROGRAM**

- 4.1 Establishment of PFQT Program. In order to obtain certification upon hire and maintain certification on an annual basis from the Commission, all Category 1 and Category 2 Peace Officers shall meet uniform minimum physical fitness standards adopted by GIAA for its Airport Police Officers (the "Airport Police PFQT") and ARFF Officers (the "ARFF PFQT")(collectively, the "GIAA PFQT Program"). The GIAA PFQT Program shall be in compliance with the PFQT standards and instructions indicated in Appendix A (Airport Police PFQT Standards), Appendix B (Airport Police PFQT Instructions), and Appendix C (ARFF PFQT Standards and Instructions) of 27 G.A.R. § 3105. A copy of the GIAA PFQT Program standards and instructions are attached to this SOP as Appendix A, Appendix B and Appendix C and incorporated herein by this reference.
- 4.2 Mandatory Annual Test. GIAA shall administer the mandatory GIAA PFQT Program by December 31<sup>st</sup> of each year. GIAA shall provide peace officers at least four (4) opportunities to pass the GIAA PFQT Program and meet the annual P.O.S.T. PFQT requirements.
- 4.3 Assignment of PFQT Fitness and Wellness Coordinator. GIAA's Executive Manager shall assign a primary and alternate PFQT Fitness and Wellness Coordinator (the "PFQT Coordinator"). The PFQT Coordinator shall be responsible for the following:
- 4.3.1 Educating peace officers about GIAA's PFQT Program and the physical fitness standards that they must meet;
  - 4.3.2 Ensuring original test forms are submitted to the Commission and copies maintained by GIAA;
  - 4.3.3 Developing and maintaining a health and wellness program that includes wellness assessment, goal setting, health and fitness education, and support;
  - 4.3.4 Planning program organization, training, education and execution;
  - 4.3.5 Corresponding with and encouraging peace officers to engage in activities and habits that will lead to satisfactorily performing at the minimum acceptable standard as contained in the compliance determination method;
  - 4.3.6 Establishing, managing and protecting appropriate records and ensuring their confidentiality;
  - 4.3.7 Collating and ensuring all program-relevant historical and statistical data is readily available to the Commission so that it may assess program effectiveness and employee compliance;
  - 4.3.8 Producing factually accurate records and reports of peace officer performance, signed under penalty of perjury;

- 4.3.9 Collecting all original test forms from proctors of tests;
  - 4.3.10 Ensuring that tested peace officers are notified of their overall score when each PFQT is completed; and
  - 4.3.11 Reporting the results of each peace officer's performance to the Executive Manager within three (3) days after each PFQT.
- 4.4 Assignment of PFQT Proctors and Assistants. The Executive Manager shall assign personnel to serve as PFQT Proctors and PFQT Assistants to assist with administration of each PFQT. PFQT Proctors and PFQT Assistants shall be trained in administering and recording results of the PFQT; provide detailed, clear and concise instructions in administering the PFQT; and properly notify the tested peace officer of the results of each PFQT component immediately upon its completion and of the overall score when the PFQT is completed.
- 4.5 Quarterly PFQT. GIAA shall administer quarterly PFQTs for peace officers in order to meet the annual P.O.S.T. PFQT requirements. The quarterly testing periods shall be held by March 31<sup>st</sup>, June 30<sup>th</sup>, September 30<sup>th</sup>, and December 31<sup>st</sup> of each year. All peace officers shall be required to participate in the quarterly testing. If a peace officer satisfactorily completes and passes the PFQT during a quarterly testing period, the peace officer shall have fulfilled the PFQT requirement for the year and shall not be required to re-test until the following annual testing period.
- 4.6 Submission of Fitness Screening Questionnaire Prior to PFQT. Prior to participating in each PFQT, a peace officer must provide a completed P.O.S.T. Commission Fitness Screening Questionnaire ("PFQT FSQ") to the PFQT Coordinator. A copy of the PFQT FSQ forms are attached hereto as Appendix D and incorporated herein by this reference. If the peace officer is subject to medical evaluation as indicated on the PFQT FSQ, the PFQT FSQ must be completed by a licensed health professional. GIAA may require the peace officer to submit additional information or documentation regarding the peace officer's ability to participate in a PFQT. If a peace officer experiences a change in his or her health, it is the sole responsibility of the peace officer to obtain an updated medical evaluation and submit an updated PFQT FSQ.
- 4.7 Administration of the PFQT.
- 4.7.1 The PFQT Coordinator, in consultation with the Chief of Airport Police and the ARFF Fire Chief, shall schedule each quarterly PFQT to maximize participation by peace officers, and to avoid negatively impacting GIAA operations.
  - 4.7.2 The PFQT Coordinator shall provide notice of the scheduled PFQT to each peace officer, which notice shall state the date and time of the PFQT.
  - 4.7.3 Prior to each scheduled PFQT, each peace officer must provide a completed PFQT FSQ to the PFQT Coordinator. If applicable, the PFQT FSQ shall be completed by a licensed health professional. GIAA shall adhere to the medical guidance indicated on the individual peace officer's FSQ when conducting the PFQT.

- 4.7.4 The PFQT Coordinator shall ensure that each peace officer participating in the PFQT has provided a completed PFQT FSQ, and shall establish a roster of peace officers authorized to participate in the PFQT prior to the PFQT.
- 4.7.5 Peace officers shall be in proper attire and footwear in order to participate in the PFQT.
- 4.7.6 Peace officers may be given time to warm up prior to commencement of the PFQT in accordance with the Airport Police PFQT and the ARFF PFQT.
- 4.7.7 The PFQT components shall be conducted in accordance with the Airport Police PFQT and the ARFF PFQT.
- 4.7.8 The PFQT Test Proctor and/or PFQT Assistants shall notify the tested peace officer of the results of each component immediately upon its completion.
- 4.7.9 The PFQT Test Proctor and/or PFQT Assistants shall notify the tested peace officer of the peace officer's overall score when the PFQT is completed. The PFQT Test Proctor and/or PFQT Assistants shall note the location, time and date of such notification on the PFQT Score Sheet forms. A copy of the PFQT Score Sheet forms are attached hereto and incorporated herein as Appendix E.
- 4.7.10 The PFQT Coordinator shall provide a copy of the PFQT Score Sheet forms to the peace officer at the earliest opportunity but no later than close of business the next immediately following regular work day.
- 4.7.11 The PFQT Coordinator shall report the results of each peace officer's performance to the Executive Manager within three (3) days after each PFQT.
- 4.7.12 If a peace officer fails the PFQT, the peace officer shall be subject to the procedures stated in this SOP.

#### 4.8 Unsatisfactory PFQT.

##### 4.8.1 Consequences of an Unsatisfactory PFQT.

- (a) First Unsatisfactory. A written warning will be issued by the Chief of Airport Police in the case of Airport Police Officers, and by the ARFF Fire Chief in the case of ARFF Officers. A copy of the written warning shall be provided to the PFQT Coordinator. The peace officer must retest within ninety (90) days.
- (b) Second Unsatisfactory. A second written warning will be issued by the Chief of Airport Police in the case of Airport Police Officers, and by the ARFF Fire Chief in the case of ARFF Officers. A copy of the written warning shall be provided to the PFQT Coordinator. The peace officer must retest within ninety (90) days.
- (c) Third Unsatisfactory. A third written warning and counseling will be issued by the Chief of Airport Police in the case of Airport Police Officers, and by the ARFF Fire Chief in the case of ARFF Officers. A copy of the written warning and record of counseling shall be provided to the PFQT Coordinator. The peace officer must retest within ninety (90) days.

- (d) Fourth Unsatisfactory. The peace officer's certification shall be temporarily suspended by the Executive Manager until a determination is made by the Commission. The peace officer shall be assigned to administrative duties. The Executive Manager shall make a recommendation that the Commission revoke the peace officer's certification upon review. The peace officer shall not be allowed to carry a firearm and hazardous and increment pay may be denied by GIAA. GIAA shall take administrative action in accordance with GIAA's applicable Personnel Rules and Regulations.

4.8.2 Reconditioning and Retesting. If a peace officer receives an Unsatisfactory PFQT, the peace officer shall be provided with a forty-two (42) reconditioning period to retest for the PFQT. A peace officer may retest within forty-three (43) days, but must retest no later than ninety (90) days. GIAA may not mandate that a peace officer retest any sooner than the end of a forty-two (42) day reconditioning period, but the peace officer may volunteer, in writing, to do so. Any retesting in the first forty-two (42) days after an Unsatisfactory PFQT requires written approval from the Executive Manager. It is the peace officer's responsibility to ensure that retesting occurs before the ninety (90) day reconditioning period expires. If a peace officer fails to retest, the peace officer will be considered non-current on the ninety-first (91<sup>st</sup>) day and may be subject to disciplinary action.

4.8.3 Reconditioning Period. If a peace officer receives an Unsatisfactory during a PFQT, the peace officer shall be referred to GIAA's PFQT Nutrition and Workout Plans to assist the peace officer with reconditioning. A copy of the PFQT Nutrition and Workout Plans are attached hereto as Appendix F and incorporated herein by this reference. The peace officer shall be solely responsible for complying with the PFQT Nutrition and Workout Plans and reconditioning in order to prepare for the next PFQT.

4.9 Waiver of PFQT. A peace officer shall only be allowed a waiver of a quarterly PFQT if deemed appropriate by a licensed health professional. The peace officer shall be scheduled to participate in the next quarterly PFQT.

4.10 Reporting of PFQT Results. After each quarterly PFQT, GIAA shall provide all PFQT test results to the Executive Director of the Commission within fifteen (15) calendar days after completion of the PFQT.

4.11 Administrative Action by GIAA.

4.11.1 The Executive Manager shall initiate or recommend administrative action only after the peace officer has: (1) received four (4) Unsatisfactory PFQT scores in a twelve (12) month period; (2) failed to demonstrate significant improvement (as determined by GIAA) despite the reconditioning period; and (3) has had his/her medical records reviewed by a Guam licensed health care provider to rule out medical conditions precluding the officer from achieving a passing score.

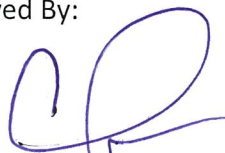
4.11.2 If a peace officer is unable to satisfactorily complete the PFQT, applicable GIAA Personnel Rules and Regulations shall be followed.

- 4.12 Action by the Commission. When a peace officer receives four (4) Unsatisfactory PFQT results within a twelve (12) month period and a Guam licensed health care provider has ruled out medical conditions precluding the peace officer from achieving a passing score, the Commission shall deny, suspend, or revoke the peace officer's certification.

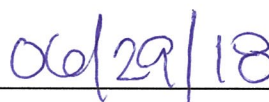
**APPENDICES:**

APPENDIX	TITLE
A	Airport Police PFQT Standards
B	Airport Police PFQT Instructions
C	ARFF PFQT Standards and Instructions
D	PFQT Fitness Screening Questionnaire Forms
E	PFQT Score Sheets
F	PFQT Nutrition and Workout Plans

Approved By:



Charles H. Ada, II  
Executive Manager



Date

A. B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM

P.O.S.T. PHYSICAL FITNESS QUALIFICATION TEST  
STANDARD OPERATING PROCEDURES

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**APPENDIX A – AIRPORT POLICE PFQT STANDARDS**

## Appendix A

<b>MALE</b>				
<b>AGE</b>	<b>CATEGORY</b>	<b>RUN (1 MILE)</b>	<b>PUSH-UPS (1 MIN)</b>	<b>SIT-UPS (1 MIN)</b>
18-29	M-1	12:10	33	42
30-39	M-2	12:40	27	39
40-49	M-3	13:10	21	34
50-59	*M-4	13:40	15	28
60+	*M-5	14:10	14	22
<b>AGE</b>	<b>CATEGORY</b>	<b>WALK (1 MILE)</b>	<b>PUSH-UPS (1 MIN)</b>	<b>SIT-UPS (1 MIN)</b>
18-29	**M-1W	15:27	33	42
30-39	**M-2W	15:29	27	39
40-49	**M-3W	15:33	21	34
50-59	*M-4W	15:50	15	28
60+	*M-5W	16:07	14	22
<b>FEMALE</b>				
<b>AGE</b>	<b>CATEGORY</b>	<b>RUN (1 MILE)</b>	<b>PUSH-UPS (1 MIN)</b>	<b>SIT-UPS (1 MIN)</b>
18-29	F-1	13:15	18	38
30-39	F-2	13:45	14	29
40-49	F-3	14:15	11	24
50-59	*F-4	14:45	9	20
60+	*F-5	15:15	7	11
<b>AGE</b>	<b>CATEGORY</b>	<b>WALK (1 MILE)</b>	<b>PUSH-UPS (1 MIN)</b>	<b>SIT-UPS (1 MIN)</b>
18-29	**F-1W	16:10	18	38
30-39	**F-2W	16:25	14	29
40-49	**F-3W	16:40	11	24
50-59	*F-4W	16:55	9	20
60+	*F-5W	17:10	7	11
<p>*Peace officers age fifty (50) and above may opt to complete either the run or walk category prior to administration of the test</p> <p>**Peace officers from ages eighteen (18) to forty-nine (49) who must walk shall obtain and submit to the agency head medical authorization from a Guam licensed health care provider</p>				

A. B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM

P.O.S.T. PHYSICAL FITNESS QUALIFICATION TEST  
STANDARD OPERATING PROCEDURES

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**APPENDIX B – AIRPORT POLICE PFQT INSTRUCTIONS**



## **Appendix B**

<b>Push-up Component</b>	
<b>Assessment Duration</b>	Officers have one (1) minute to complete as many correct push-ups as possible.
<b>Starting Position</b>	The officer will begin in the starting position with hands slightly wider than shoulder width apart, palms or fists on the floor with arms fully extended and the body in a straight line from head to heel. The feet may be no more than twelve (12) inches apart. The body shall maintain a rigid form from head to heel. The feet may not be crossed, supported, or braced.
<b>Complete Push-up</b>	From the starting position, the officer will lower the body to the ground until the upper arm is at least parallel to the floor with the elbow bent at least ninety (90) degrees or less before pushing back up to the starting position. The officer's chest may touch but not rest on or bounce off the floor. The officer completes one full push-up after returning to the starting position with elbows fully extended. The officer's back must remain straight unless resting. If the officer does not lower the body until upper arm is at least parallel to the floor or the officer does not fully extend elbows when returning to starting position or the body bows at the waist, the push-up will not be counted. The officer may rest in the starting position only. If officer rests with their body on the ground, the push-up component of the test will be terminated.
<b>Timing</b>	The test assessor is responsible for operating the stopwatch. The assessor will start the stopwatch when the officers are instructed to begin, observe the assessment, and notify the officers how much time is remaining at thirty (30) seconds and fifteen (15) seconds. Prior to beginning the assessment, the assessor will inform the officers to continue to perform push-ups until directed to stop or until the officer is no longer able to continue.
<b>Monitoring</b>	A monitor will be assigned to each officer to count the correct number of push-ups while the assessor oversees and spot-checks technique to ensure accurate and safe assessment. The monitor will count the number of push-ups out loud. If the officer performs an incorrect push-up or breaks form, the monitor will repeat the last correct complete push-up number. The monitor will examine the officer from a position that allows observance of the officer's form and the arm angles.
<b>Recording</b>	Upon completion of the assessment, the monitor and assessor will record the total number of correct push-ups.
<b>Sit-Up Component</b>	
<b>Assessment Duration</b>	Officers have one (1) minute to complete as many correct sit-ups as possible.

<b>Starting Position</b>	The officer will be instructed to lie face up on the floor or mat. In the starting position, the officer's feet may extend off the mat, but the buttocks, shoulders, and head must not extend beyond the mat. The officer's knees will be bent at a ninety (90)-degree angle with the feet or heels in contact with the floor at all times. The officer's arms will be crossed over the chest with the hands and fingers on the shoulders or resting on the upper chest.
<b>Foot Hold</b>	The officer's heels must remain anchored to the floor throughout the assessment. The officer may request to have their feet held down by a helper but the helper may not anchor the officer's legs by holding onto the calves or standing on the feet during the assessment. Enough force must be applied to keep the feet or ankles from rising while the sit-ups are being accomplished. If officers request helpers of the same gender to hold their feet, they must be granted that request. In place of a helper holding the feet, a bolted non-portable toe-hold bar may be used to anchor the feet so long as the officer's heels remain in contact with the ground at all times and the bar cannot move.
<b>Complete Sit-up</b>	A complete sit-up is accomplished when the upper torso of the officer is raised off the floor or mat, the elbows touch the knees or thighs, and the upper torso is lowered until the shoulder blades touch the floor or mat. Elbows must touch the knees or thighs at the top of the sit-up, and the shoulder blades must touch the floor or mat at the bottom of the sit-up. Any part of an officer's hands or fingers must remain in contact with his or her shoulders or upper chest at all times. If the elbows do not touch the knees or thighs at the top of the sit-up or the shoulder blades do not touch the floor or mat at the bottom of the sit-up or the hands or fingers lift completely off the shoulders or upper chest, the sit-up is incorrect and will not be counted. The officer may only rest with the upper torso raised off the floor or mat. If the officer holds onto their knees or legs or rests in the starting position, the sit-up component of the assessment will be terminated.
<b>Timing</b>	The assessor is responsible for operating the stopwatch. The assessor will start the stopwatch when the officers are instructed to begin, observe the assessment and notify the member how much time is remaining at thirty (30) seconds and fifteen (15) seconds. Prior to beginning the assessment, the assessor will inform the officers to continue to perform sit-ups until directed to stop or until the officer is no longer able to continue.
<b>Monitoring</b>	A monitor will be assigned to each officer to count the correct number of sit-ups while the assessor oversees and spot-checks technique to ensure accurate and safe assessment. The monitor will count the number of sit-ups out loud. If the officer breaks correct form, the monitor will repeat the last correct number. The monitor will examine the member from a position that allows observance to

	ensure the shoulder blades touch the floor and elbows touch the knees or thighs.
<b>Recording</b>	Upon completion of the assessment, the monitor and assessor will record the total number of correct sit-ups.
<b>One (1)-Mile Run or Walk</b>	
<b>Run Assessment</b>	Prior to beginning the one (1)-mile run, officers may complete up to a three (3)-minute warm up. Officers will be directed to line up behind the starting line and will begin running when instructed. No physical assistance from anyone or anything is permitted. Officers are required to stay on and complete the entire course. Leaving the course is disqualifying and terminates the test. Completion time will be recorded when the officers crosses the finish line.
<b>Alternate Assessment</b>	The one (1)-mile walk is the only authorized alternate assessment to the one (1)-mile run and shall be authorized by a Guam licensed health care provider.
<b>Walk Assessment</b>	Prior to beginning the one (1)-mile walk, officers may complete up to a three (3)-minute warm up. Officers will be directed to line up behind the starting line and will begin walking when instructed. Officers will walk the one (1)-mile course as quickly as they can; they may not run, keeping at least one foot in contact with the ground at all times. No physical assistance from anyone or anything is permitted. Officers are required to stay on and complete the entire course. Leaving the course is disqualifying and terminates the test. Completion time will be recorded when the officers crosses the finish line.

A. B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM

P.O.S.T. PHYSICAL FITNESS QUALIFICATION TEST  
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**APPENDIX C – ARFF PFQT STANDARDS AND INSTRUCTIONS**



**A.B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM  
AIRCRAFT RESCUE FIRE FIGHTING DIVISION  
ARFF PFQT STANDARDS AND INSTRUCTIONS  
FIRE GROUNDWORK PERFORMANCE EVALUATION**



The Fire Groundwork Performance Evaluation ("FGPE") is a test of an individual's ability to perform essential functions required in the occupation of firefighting. The Aircraft Rescue Fire Fighting ("ARFF") Division has established a minimum level of acceptable performance which protects the safety of the firefighter and provides for the appropriate delivery of fire suppression and rescue services at the A.B. Won Pat International Airport Authority, Guam ("GIAA"). GIAA adopts the FGPE as the ARFF PFQT Standards and Instructions for participants/firefighters (referred to herein individually as "participant/firefighter" and collectively as "participants/firefighters") to obtain and maintain P.O.S.T. Commission certification in accordance with GIAA's P.O.S.T. Physical Fitness Qualification Test Standard Operating Procedures.

The FGPE consists of 10 events designed to measure the performance demands of a participant/firefighter to operate effectively at a scene.

1. Protective Gear Event
2. Ladder Carry, Raise, Extension Event
3. Forcible Entry Event
4. High Rise Pack Event
5. Hand Line Advancement Event
6. Hand Line Pull Event
7. Pike Pole Event
8. Equipment Carry Event
9. Ventilation Event
10. Victim Rescue Event

**Event 1** – The first event is designed to ensure that there is ample time for the participant/firefighter to secure all pieces of their Personal Protective Equipment ("PPE"), including a Self-Contained Breathing Apparatus ("SCBA") in a safe manner, thus enabling the participant/firefighter to safely accomplish the remaining portions of the FGPE.

**Participants/firefighters are required to don a set of National Fire Protection Association ("NFPA") approved PPE provided by GIAA to participate in the FGPE. The PPE includes helmet, ear flaps, Nomex hood, coat, bunker pants, boots and gloves.**

**Events 2 – 10** are adjoining events of the FGPE. They are continuous and individuals are encouraged to transition through each event as efficiently and safely as possible.

**NO RUNNING IS ALLOWED ON THE COURSE AT ANY TIME.**

The participant/firefighter must complete Events 2 through 10 of the course in the time allotted by age of the participant/firefighter in Table 1-1 below and must have breathable air left in the SCBA tank.

Table 1-1	
Age Group	Pass Time
Ages 18-29 years	10 minutes 47 seconds
Ages 30-39 years	11 minutes 47 seconds
Ages 40-49 years	12 minutes 47 seconds
Ages 50-59 years	13 minutes 47 seconds
Ages 60+	14 minutes 47 seconds

Meeting or exceeding the minimum level of performance will demonstrate that the participant/firefighter is prepared to perform the essential functions of firefighting.

**Safety Precautions:** Safety of the participant/firefighter is top priority during the administration of the FGPE. The strenuous nature of the assessment requires that participants/firefighters be monitored closely throughout the evaluation process. The assessment will not be administered when extreme environmental conditions exist that will compromise the safety of the participant/firefighter. If safety is compromised by improper technique the participant/firefighter performing the test shall be stopped and corrected. The timer and SCBA tank time, however, will not be stopped to correct improper technique.

Throughout the evaluation process, the FGPE monitor will keep watch on the participant/firefighter. The participant/firefighter will be monitored for improper lifting techniques which may lead to back injuries; improper striking techniques that may cause hand/arm injuries; and exhaustion that may lead to other serious injuries.

The FGPE monitor shall apprise the participant/firefighter of all aspects of the assessment process prior to the evaluation. This includes a description of each of the tasks to be performed, and the parameters for successful completion. Any performance techniques that are unacceptable will be emphasized. Participants/firefighters to be tested will be afforded an opportunity to practice the entire FGPE prior to the actual testing.

A demonstration video of the FGPE will be made available for viewing by participants/firefighters prior to the FGPE.

### **Pass**

The participant/firefighter will be considered to have passed the FGPE if he/she completes Events 2 through 10 within the allotted time and he/she still has breathable air in their SCBA tank.

### **Fail**

The participant/firefighter will be considered to have failed the FGPE for any of the following reasons:

1. The participant/firefighter requests to be removed from the evaluation process.
2. The participant/firefighter does not complete Events 2 through 10 within the allotted time.
3. The participant/firefighter runs out of breathable air prior to completing Events 2 through 10.

## DESCRIPTION OF EVENTS:

### Event 1: Personal Protective Equipment (PPE)

*This event allows the participant/firefighter to safely don a complete set of PPE.*

The participant/firefighter will properly don a complete set of PPE. Firefighter will move to SCBA and properly don SCBA. Once air is activated and face piece is secured, the participant/firefighter will signal ready by raising either arm.

### Event 2: Ladder Lift, Carry, Raise and Extension

*This event simulates the participant's/firefighter's ability to place a ladder in service.*

The participant/firefighter will position himself/herself to properly perform a one-firefighter low shoulder carry on a 24-foot extension ladder; carry the ladder 75 feet to a "marked" area; raise the ladder; extend the ladder three rungs; position the ladder to the proper climbing angle and set the ladder. **MOVE TO NEXT EVENT.**

### Event 3: Forcible Entry

*This event simulates the participant's/firefighter's ability to gain entry into a locked structure.*

The participant/firefighter will walk 75 feet to the forcible entry table and pick up sledge hammer provided; position to either side of the tire; strike the tire repeatedly until tire moves to other end of table; walk 75 feet back to the starting point. **MOVE TO NEXT EVENT.**

### Event 4: High Rise Pack

*This event simulates the participant's/firefighter's ability to carry a high rise pack to an upper story location.*

The participant/firefighter will move to high rise pack location and properly lift high rise pack onto the shoulder; carry high rise pack 30 feet to the simulated stair platform; simulate climbing 3 floors (completely stepping up and down = 1 step) for a total of 30 steps; carry high rise pack 30 feet back to the starting point and place the pack in marked area. **MOVE TO NEXT EVENT.**

### Event 5 and 6: Hand Line Advancement and Pull

*This event simulates the participant's/firefighter's ability to advance and re-position a charged hand line.*

The participant/firefighter will walk 75 feet to charged 1 ¾ inch hand line; pick up hand line; pull hand line 75 feet; crawl back 50 feet on hands and knees keeping one hand in constant contact with the hose line back to coupling. The participant/firefighter will then turn and face nozzle and while in the kneeling or sitting position, pull hose line back until nozzle is reached; lower nozzle to ground. **MOVE TO NEXT EVENT.**

### Event 7: Pike Pole

*This event simulates the participant's/firefighter's ability to pull ceilings and/or remove debris from above the shoulder level.*

The participant/firefighter will pick up pike pole; walk 30 feet to marked area and raise the pike pole 30 times. Both hands must be below the mark on the pike pole. Both arms must extend fully for each repetition to count. When completed return to start point and place pike pole back in marked area. **MOVE TO NEXT EVENT.**

### **Event 8: Equipment Carry**

*This event simulates the participant's/firefighter's ability to carry equipment from point to point.*

The participant/firefighter will move to equipment; properly lift equipment; move the item(s) 75 feet to marked area; set equipment down; lift and carry second item(s) 75 feet back to event start point.

**Note:** The participant/firefighter must perform the single item carry and the dual item carry to be successful at this event. Items to be carried in this event will alternate between a 25 pound weight plate (single item carry) and a 20 pound dumbbell and a 25 pound dumbbell (dual item carry). **MOVE TO NEXT EVENT.**

### **Event 9: Ventilation**

*This event simulates the participant's/firefighter's ability to create an opening for ventilation.*

The participant/firefighter will pick up sledge hammer and position himself/herself on the Keiser sled; Strike I-beam until it moves a distance of 3 feet (repositioning feet as necessary); dismount Keiser sled. **MOVE TO NEXT EVENT.**

### **Event 10: Victim Rescue**

*This event simulates the participant's/firefighter's ability to perform a victim rescue.*

The participant/firefighter will use straps to drag a manikin (rescue dummy) a total distance of 75 feet (going around cone); returning to start point; and placing the manikin back in a marked area.

**THE FGPE IS COMPLETE. MOVE TO THE REHABILITATION AREA.**

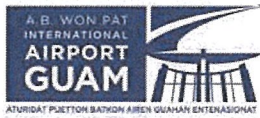


A. B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM

P.O.S.T. PHYSICAL FITNESS QUALIFICATION TEST  
STANDARD OPERATING PROCEDURES

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**APPENDIX D – PFQT FITNESS SCREENING QUESTIONNAIRE FORMS**



**A.B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM**  
**AIRPORT POLICE**  
**PFQT FITNESS SCREENING QUESTIONNAIRE**



Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Rank: \_\_\_\_\_

Contact #: \_\_\_\_\_

**You are being asked these questions for your safety and health. The Airport Police PFQT Fitness Assessment (FA) is a maximum-effort test. Peace Officers who have not been exercising regularly and/or have other risk factors for a heart attack (increasing age, smoking, diabetes, high blood pressure, etc.) are at increased risk of injury or death during the test. Answering these questions honestly is in your best interest.**

1. Have you experienced any of the symptoms/problems listed below and not been medically evaluated and cleared for unrestricted participation in a physical training program?
  - Unexplained chest discomfort with or without exertion
  - Unusual or unexplained shortness of breath
  - Dizziness, fainting, or blackouts associated with exertion
  - Other medical problems that have not been evaluated, optimally treated, or not already addressed that may prevent you from safely participating in this test (e.g. heart disease, sickle cell trait, asthma, etc.)
  - Family history of sudden death before the age of 50 years

☐ **YES:** Stop. Notify your Fitness Program Manager and contact your Personal Care Provider for evaluation/recommendations. Hand carry this form to medical evaluation.

☐ **NO:** Proceed to next question.
2. Are you 35 years of age or older?

☐ **YES:** Proceed to next question.

☐ **NO:** Stop. Sign form and return to your Fitness Program Manager. Member may take the FA.
3. Have you engaged in vigorous physical activity (i.e., activity causing sweating and moderate to marked increases in breathing and heart rate) averaging at least 30 minutes per session, 3 days per week, over the last 2 months?

☐ **YES:** Stop. Sign form and return to your Fitness Program Manager. Member may take the FA.

☐ **NO:** Proceed to next question.
4. Does one (1) or more of the following risk factors apply to you?
  - Smoked tobacco products in the last 30 days
  - Diabetes
  - High blood pressure that is not controlled
  - High cholesterol that is not controlled
  - Family history of heart disease (developed in father/brother before age 55 or mother/sister before age 65)
  - Age >45 years for males; >55 years for females

☐ **YES:** Stop and notify Fitness Program Manager.

☐ **NO:** Stop. Sign Form and return to your Fitness Program Manager. Member will take the FA.



**A.B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM**  
**AIRPORT POLICE**  
**PFQT FITNESS SCREENING QUESTIONNAIRE**



**If member experience any of the symptoms listed in Question #1 during the Fitness Assessment, he/she should stop the test immediately and seek medical attention immediately.**

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Rank: \_\_\_\_\_

Contact #: \_\_\_\_\_

**Medical Evaluation (Only applicable if member marked Yes on Question #1; provider answers all 4 statements)**

If medical evaluation is required in accordance with this Fitness Screening Questionnaire, the provider will complete the following.

---

I medically evaluated \_\_\_\_\_ on \_\_\_\_\_. Medical recommendations are:  
(Name) (Date)

Member ( is / is not ) medically cleared for the maximal effort 1.0 mile run.

Member ( is / is not ) medically cleared for the maximal effort 1.0 mile walk.

Member ( is / is not ) medically cleared for push-ups.

Member ( is / is not ) medically cleared for sit-ups.

---

(Signature / Date / Stamp of Provider)



**A.B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM**  
**AIRCRAFT RESCUE FIRE FIGHTING DIVISION**  
**PFQT FITNESS SCREENING QUESTIONNAIRE**  
**FIRE GROUNDWORK PERFORMANCE EVALUATION**



Print Name: \_\_\_\_\_

Rank: \_\_\_\_\_ Age: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Contact # \_\_\_\_\_

Platoon: \_\_\_\_\_

You are being asked these questions for your safety and health. The Fire Groundwork Performance Evaluation (FGPE) is a maximum-effort test. Participants/Firefighters who have not been exercising regularly and/or have other risk factors for a heart attack (increasing age, smoking, high blood pressure, etc.) are at increased risk of injury or death during the test. Answering these questions honestly is in your best interest.

1. Have you experienced any of the symptoms/problems listed below and not been medically evaluated and cleared for unrestricted participation in a physical training program?

- Unexplained chest discomfort with or without exertion
- Unusual or unexplained shortness of breath
- Dizziness, fainting, or blackouts associated with exertion
- Other medical problems that have not been evaluated, optimally treated, or not already addressed that may prevent you from safely participating in the test (e.g. heart disease, sickle cell trait, asthma, etc.)
- Family history of sudden death before the age of 50 years

- ☐ **YES:** Stop. Notify your Fitness Program Manager and contact your Personal Care Provider for evaluation/recommendations. Hand carry this form to medical evaluation.
- ☐ **NO:** Stop. Proceed to the next question.

2. Are you 35 years of age or older?

- ☐ **YES:** Proceed to next question.
- ☐ **NO:** Stop. Sign form and return to your Fitness Program Manager. Participant/Firefighter may take the Fitness Assessment.

3. Have you engaged in vigorous physical activity (i.e., activity causing sweating and moderate to marked increased breathing and heart rate) averaging at least 30 minutes per session, 3 days per week, over the last two months?

- ☐ **YES:** Sign form and return to your Fitness Program Manager. Participant/Firefighter may take the Fitness Assessment.
- ☐ **NO:** Stop. Proceed to the next question.

4. Does one (1) or more of the following risk factors apply to you?

- Smoke tobacco products in the last 30 days
- Diabetes
- High blood pressure that is not controlled
- Family history of heart disease (developed in father/brother before age 55 or mother/sister before age 65)
- Age > 45 years for males; 55 > years for females

- ☐ **YES:** Stop and notify the Fitness Program Manager
- ☐ **NO:** Sign form and return to your Fitness Program Manager. Participant/Firefighter may take the Fitness Assessment.



**A.B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM  
AIRCRAFT RESCUE FIRE FIGHTING DIVISION  
PFQT FITNESS SCREENING QUESTIONNAIRE  
FIRE GROUNDWORK PERFORMANCE EVALUATION**



**If participant/firefighter experiences any of the symptoms listed in Question #1 during the FGPE, he/she should stop the test immediately and seek medical attention immediately.**

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Rank: \_\_\_\_\_

Contact #: \_\_\_\_\_

**Medical Evaluation (Only applicable if participant/firefighter marked Yes on Question #1; provider answers all 4 statements)**

If medical evaluation is required in accordance with this Fitness Screening Questionnaire, the provider will complete the following.

---

I medically evaluated \_\_\_\_\_ on \_\_\_\_\_.  
(Name) (Date)

Medical Recommendation is (select one only):

Participant/Firefighter is medically cleared for maximum effort for the FGPE at this time

Participant/Firefighter is not medically cleared for maximum effort for the FGPE at this time and will be reevaluated on \_\_\_\_\_ (Date).

---

(Signature / Date / Stamp of Provider)



A. B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM

P.O.S.T. PHYSICAL FITNESS QUALIFICATION TEST  
STANDARD OPERATING PROCEDURES

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**APPENDIX E – PFQT SCORE SHEETS**



## AIRPORT POLICE PFQT SCORE SHEET (M)



Peace Officer Name: \_\_\_\_\_

PFQT Proctor: \_\_\_\_\_

Assessment Date: \_\_\_\_\_

Event	Male <30	Male 30-39	Male 40-49	Male 50-59	Male 60+
1.0 Mile Run (*1.0 Walk)	12:10 (*15:27)	12:40 (*15:29)	13:10 (*15:33)	13:40 (*15:50)	14:10 (*16:07)
Push-Ups (Minimum 1 minute)	33	27	21	15	14
Sit-Ups (Minimum 1 minute)	42	39	34	28	22

\* Peace officers age fifty (50) and above may opt to complete either the run or walk category prior to administration of the test

\*\* Peace officers from ages eighteen (18) to forty-nine (49) who must walk shall obtain and submit to the agency head medical authorization from a Guam licensed health care provider.

### RESULTS

☐ 1st Assessment ☐ Satisfactory

Push-ups: \_\_\_\_\_

Acknowledged By:

☐ 2nd Assessment ☐ Unsatisfactory

Sit-ups: \_\_\_\_\_

Peace Officer: \_\_\_\_\_

☐ 3rd Assessment ☐ Medically Excused

Run Time: \_\_\_\_\_

PFQT Proctor: \_\_\_\_\_

☐ 4th Assessment ☐ Pending Medical Excuse

Walk Time: \_\_\_\_\_

HR Rep: \_\_\_\_\_



## AIRPORT POLICE PFQT SCORE SHEET (M)



Peace Officer Name: \_\_\_\_\_

PFQT Proctor: \_\_\_\_\_

Assessment Date: \_\_\_\_\_

Event	Male <30	Male 30-39	Male 40-49	Male 50-59	Male 60+
1.0 Mile Run (*1.0 Walk)	12:10 (*15:27)	12:40 (*15:29)	13:10 (*15:33)	13:40 (*15:50)	14:10 (*16:07)
Push-Ups (Minimum 1 minute)	33	27	21	15	14
Sit-Ups (Minimum 1 minute)	42	39	34	28	22

\* Peace officers age fifty (50) and above may opt to complete either the run or walk category prior to administration of the test

\*\* Peace officers from ages eighteen (18) to forty-nine (49) who must walk shall obtain and submit to the agency head medical authorization from a Guam licensed health care provider.

### RESULTS

☐ 1st Assessment ☐ Satisfactory

Push-ups: \_\_\_\_\_

Acknowledged By:

☐ 2nd Assessment ☐ Unsatisfactory

Sit-ups: \_\_\_\_\_

Peace Officer: \_\_\_\_\_

☐ 3rd Assessment ☐ Medically Excused

Run Time: \_\_\_\_\_

PFQT Proctor: \_\_\_\_\_

☐ 4th Assessment ☐ Pending Medical Excuse

Walk Time: \_\_\_\_\_

HR Rep: \_\_\_\_\_

APPENDIX E



## AIRPORT POLICE PFQT SCORE SHEET (F)



Peace Officer Name: \_\_\_\_\_

PFQT Proctor: \_\_\_\_\_

Assessment Date: \_\_\_\_\_

Event	Female <30	Female 30-39	Female 40-49	Female 50-59	Female 60+
1.0 Mile Run (*1.0 Walk)	13:15 (*16:10)	13:45 (*16:25)	14:15 (*16:40)	14:45 (*16:55)	15:15 (*17:10)
Push-Ups (Minimum 1 minute)	18	14	11	9	7
Sit-Ups (Minimum 1 minute)	38	29	24	20	11

\* Peace officers age fifty (50) and above may opt to complete either the run or walk category prior to administration of the test

\*\* Peace officers from ages eighteen (18) to forty-nine (49) who must walk shall obtain and submit to the agency head medical authorization from a Guam licensed health care provider.

### RESULTS

<input type="checkbox"/> 1st Assessment	<input type="checkbox"/> Satisfactory	Push-ups: _____	<b>Acknowledged By:</b>
<input type="checkbox"/> 2nd Assessment	<input type="checkbox"/> Unsatisfactory	Sit-ups: _____	Peace Officer: _____
<input type="checkbox"/> 3rd Assessment	<input type="checkbox"/> Medically Excused	Run Time: _____	PFQT Proctor: _____
<input type="checkbox"/> 4th Assessment	<input type="checkbox"/> Pending Medical Excuse	Walk Time: _____	HR Rep: _____



## AIRPORT POLICE PFQT SCORE SHEET (F)



Peace Officer Name: \_\_\_\_\_

PFQT Proctor: \_\_\_\_\_

Assessment Date: \_\_\_\_\_

Event	Female <30	Female 30-39	Female 40-49	Female 50-59	Female 60+
1.0 Mile Run (*1.0 Walk)	13:15 (*16:10)	13:45 (*16:25)	14:15 (*16:40)	14:45 (*16:55)	15:15 (*17:10)
Push-Ups (Minimum 1 minute)	18	14	11	9	7
Sit-Ups (Minimum 1 minute)	38	29	24	20	11

\* Peace officers age fifty (50) and above may opt to complete either the run or walk category prior to administration of the test

\*\* Peace officers from ages eighteen (18) to forty-nine (49) who must walk shall obtain and submit to the agency head medical authorization from a Guam licensed health care provider.

### RESULTS

<input type="checkbox"/> 1st Assessment	<input type="checkbox"/> Satisfactory	Push-ups: _____	<b>Acknowledged By:</b>
<input type="checkbox"/> 2nd Assessment	<input type="checkbox"/> Unsatisfactory	Sit-ups: _____	Peace Officer: _____
<input type="checkbox"/> 3rd Assessment	<input type="checkbox"/> Medically Excused	Run Time: _____	PFQT Proctor: _____
<input type="checkbox"/> 4th Assessment	<input type="checkbox"/> Pending Medical Excuse	Walk Time: _____	HR Rep: _____

APPENDIX E





**A.B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM  
AIRCRAFT RESCUE FIRE FIGHTING DIVISION  
ARFF PFQT SCORE SHEET  
FIRE GROUNDWORK PERFORMANCE EVALUATION**



Date: \_\_\_\_\_

Test Site: \_\_\_\_\_

Name/Rank: \_\_\_\_\_

Platoon: \_\_\_\_\_

Age: \_\_\_\_\_

Gender: M / F

The Fire Groundwork Performance Evaluation ("FGPE") is a test of an individual's ability to perform essential functions required in the occupation of firefighting. The GIAA ARFF Division has established a minimum level of acceptable performance which protects the safety of the participant/firefighter and provides for appropriate delivery of fire suppression and rescue services.

EVENT	PASS	FAIL	REASON FOR FAILURE
1 - Protective Gear Event			
2 - Ladder Carry, Raise, Extension Event			
3 - Forcible Entry Event			
4 - High Rise Pack Event			
5 - Hand Line Advancement Event			
6 - Hand Line Pull Event			
7 - Pike Pole Event			
8 - Equipment Carry Event			
9 - Ventilation Event			
10 - Victim Rescue Event			

**Pass**

The participant/firefighter will be considered to have passed the FGPE if he/she completes Events 2 through 10 within the allotted time and still has breathable air in their SCBA tank.

**Fail**

The participant/firefighter will be considered to have failed the FGPE for any of the following reasons:

1. Participant/Firefighter requests to be removed from the evaluation process.
2. Participant/Firefighter does not complete Events 2 through 10 within the allotted time.
3. Participant/Firefighter runs out of breathable air prior to completing Events 2 through 10.

Table 1-1	
Age Group	Pass Time
Ages 18-29 years	10 minutes 47 seconds
Ages 30-39 years	11 minutes 47 seconds
Ages 40-49 years	12 minutes 47 seconds
Ages 50-59 years	13 minutes 47 seconds
Ages 60+	14 minutes 47 seconds

Max Time from Table 1-1	Time	Pass	Fail	Acknowledged By:
				Participant/Firefighter:
				Proctor:
				HR Representative:

A. B. WON PAT INTERNATIONAL AIRPORT AUTHORITY, GUAM

P.O.S.T. PHYSICAL FITNESS QUALIFICATION TEST  
STANDARD OPERATING PROCEDURES

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**APPENDIX F –PFQT NUTRITION AND WORKOUT PLANS**

**Disclaimer**

You should consult your physician or other health care professional before starting this or any other nutrition and diet program to determine if it is right for your needs. This guidebook offers health, fitness and nutritional information and is designed for educational purposes only. The information is not intended as a substitute for consultation, evaluation or treatment by a medical professional and/or registered dietitian or nutritionist.

There are many other health and nutrition programs available to the end user. Therefore, participation in this health and nutrition program is completely voluntary and the member is free to seek a program that they feel is right for them.

The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or health program.

# FUELING SERIES

PERFORMANCE NUTRITION FUNDAMENTALS

MINDSET

## Table of Contents

1. Introduction: Understanding the Fueling Series
2. Performance Nutrition Fundamentals + Rules to Live By
3. The Big Three: Carbohydrate, Protein, Fat
4. Eat the Rainbow
5. Fuel Up "Three Every Three"
6. Hydrate
7. Recovery Nutrition: "Don't Waste Your Workout"
8. Meal Builder

SOURCE: [WWW.NAVYFITNESS.ORG](http://WWW.NAVYFITNESS.ORG)

Eat Clean Eat Often Hydrate Recover



## Introduction

We need a new paradigm for the food we eat. We need to view food as nourishment to our body as opposed to solely calorie units. We need to consider what that food represents in terms of energy and nutrients. Just one food or one nutrient is not the answer to more energy, an optimal weight, better health, and improved performance. The key to success lies in the collection of our habits that fuel our bodies, activities, minds performance, and most importantly our lives.

There are 5 areas of nutrition focus in the Fueling Series. You will find that the handout series and builder systems revolve around these 5 areas.

## Eat Clean Eat Often Hydrate Recover Mindset

### 1. EAT CLEAN

Eating clean means trying to choose the least processed types of foods most of the time. Typically, the closer the food is to its original form (from the earth or the animal); the better it is for you.

Simply put: Try to eat foods in the most natural form possible.

Nutrient density plays a large role in the mentality of eating clean. Nutrient density is the relationship of the amount of nutrients that a food has to amount of calories. It is critical to try to choose nutrient dense foods as often as we can to ensure we get the nutrients we need. Focus on trying to choose the types of foods that have the highest amount of nutrients for the calories within the foods.

The 3 macronutrients

Carbohydrate = Fuel	Protein = Build	Fat = Energy Density
---------------------	-----------------	----------------------

### 2. EAT OFTEN

The key to energy and sustainability (beyond the types of foods you choose) is how often you eat. By eating mini-meals every 2-3 hours, your body is given a steady flow of fuel. The goal here is to maintain blood glucose (fuel) in an optimal range. This will help maintain focus and keep your metabolism roaring all day long. We find that those who eat more frequently have better energy and prevent becoming overly hungry, which can help us make better choices.

### 3. HYDRATE

It is vital to stay hydrated because the body is 60-65% water which performs numerous vital functions including:

- Providing life and shape to every cell
- Delivery of fuel to muscles
- Lubrication and cushioning of joints
- Aiding in muscle contraction & tone
- Aiding in metabolism and digestion
- Brain function
- Shock absorption for the spine and brain
- Regulating temperature

Consequently, dehydration causes these functions to suffer impairing your health, ability to recover from illness, and athletic performance. As little as a 2% decrease in weight, due to fluid loss, can impair both physical and mental performance

SOURCE: WWW.NAVYFITNESS.ORG

EatCleanEatOftenHydrateRecoverMindset

# FUELING SERIES

## PERFORMANCE NUTRITION FUNDAMENTALS

### MINDSET

#### 4. RECOVER

Nutrition can help to speed the recovery process. After a workout your body has emptied its fuel stores and the muscle has been broken down. To gain the most out of your workout and perform at high levels, you need to repair the muscle and replace your fuel stores as quickly as possible.

Getting a combination of carbohydrates and proteins within 30 minutes of your training session will ensure that you are recovering as quickly and efficiently as possible, which will minimize the time needed between sessions and decrease the risk of injury.

**Carbohydrate = Re-Fuel**

**Protein = Re-Build**

#### 5. MINDSET

The final piece of optimizing nutrition is focusing on mindset and behavior. All of the education in the world does not matter if it doesn't lead to behavior change. Providing simple lists of the "best" foods to choose, easy guides on portion size, and presenting material in a concise and action-based way will help to give you the tools to immediately start making changes.

As a society we have become enamored with diets. The word diet has many different definitions and is typically associated with managing the calories that you consume or eating in a prescribed or particular way. The word nutrition has a more positive connotation and is typically associated with nourishing the body. The goal of the Fueling Series is not to give out a diet plan. It is to help you focus on your habitual intake and the results of your nutrition habits.

The 80/20 rule promotes balance and the inclusion of all foods. We recommend that you try to consume foods you know will give you the nutrients and sustainable energy you need 80% of the time and then consume whatever it is you want the other 20% of the time. Everything can fit into your daily "diet," your habitual intake. Just keep yourself in check.

#### THE MEAL BUILDER SYSTEM

The meal builder is an easy way to understand both what and how much to eat at each meal. The essence of the system is for weight control, but we like to think of it more as a fueling strategy to get you to your goals. There are meal builders in the handout series that will assign both males and females to their particular calorie zone. The recommendations in the zones provide a better idea of the amount of food that should be eaten to achieve your goals.

#### PARTING THOUGHTS

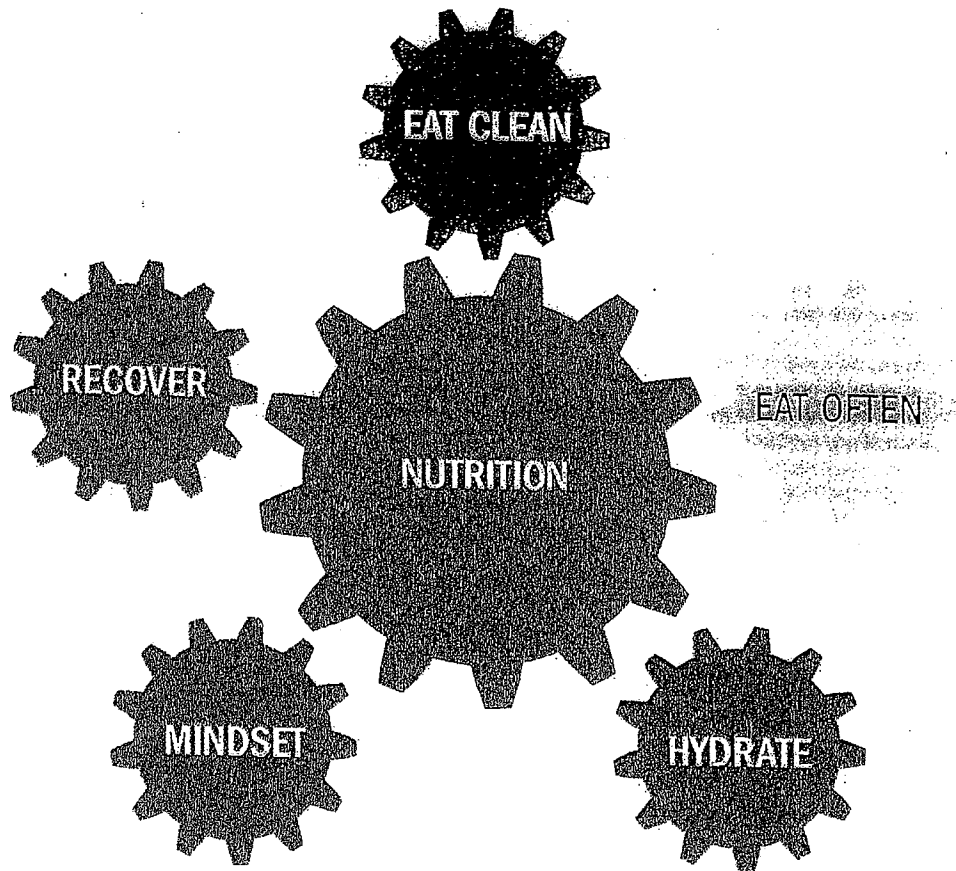
How you eat and what you eat are essential to your daily performance. Having sustainable energy is a function of your commitment to making smart nutrition decisions and fueling your body optimally.

The content of this manual is designed to help Guam Peace Officers achieve their goals by giving them the tools needed to make the choices that will result in the energy they need to perform their duties on a daily basis.

**Eat Clean. Eat Often. Hydrate. Recover. Mindset.**

SOURCE: [WWW.NAVYFITNESS.ORG](http://WWW.NAVYFITNESS.ORG)

**Eat Clean. Eat Often. Hydrate. Recover. Mindset.**



**Master these 5 fundamentals and enjoy new  
found physical and mental performance  
through nutrition.**

SOURCE: [WWW.NAVYFITNESS.ORG](http://WWW.NAVYFITNESS.ORG)

**EatCleanEatOftenHydrateRecoverMindset**

# FUELING SERIES

PERFORMANCE NUTRITION FUNDAMENTALS

MINDSET

## THE 10 NUTRITION RULES TO LIVE BY

### 1. COME BACK TO EARTH.

Choose the least processed forms of food such as: Fruits, veggies, whole grains, and high fiber carbohydrates.

### 2. EAT A RAINBOW OFTEN.

Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.

### 3. THE LESS LEGS THE BETTER.

Include a LEAN protein source with each meal.

### 4. EAT HEALTHY FATS.

Include healthy fats in your diet like olive oil, nuts, natural nut butters, seeds, avocado, fish, flaxseed, and flaxseed oil.

### 5. EAT BREAKFAST EVERY DAY.

When you eat within 30 minutes of waking up, you jump start your metabolism. This gives you more energy to get your day going.

### 6. THREE FOR THREE.

Eat smaller portions more often, spread evenly across the day. No excuses – you should be eating 4-6 meals/day! Aim for all three macronutrients (carbs, protein, and fat) every three hours for optimal fueling.

### 7. STAY HYDRATED.

Dehydration = Decreased Performance. Drink at least 3 liters of non-caloric beverages (water/green tea) every day.

### 8. DON'T WASTE YOUR WORKOUT.

Have a post-workout recovery meal or shake that combines both carbs and protein immediately after your training.

### 9. SUPPLEMENT WISELY.

Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement into your daily routine. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet. Before you take any type of supplement, make sure to check in with your doctor or registered dietitian.

### 10. SLEEP.

Aim for 8 hours of sleep. If you can't get 8 hours daily, consider power naps when you can. The body recovers and repairs best when it is sleeping.

### The 80/20 Rule.

Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you 80% of the time and incorporate some of those foods that may not be the best, but are your favorites, 20% of the time!

SOURCE: WWW.NAVYFITNESS.ORG

**Eat Clean Eat Often Hydrate Recover**



**Grains: "Come Back to Earth" • Carbohydrate = FUEL for the brain & muscles**

- Main sources are: Breads, cereals, grains, beans, fruits, and vegetables.
- What to look for in a grain: The least processed forms of grain you can find.
- Think brown and found close to the ground!
- The best choices will have more than 3g of FIBER per serving.

**The Top 5 Grains****Protein: "The Less Legs the Better" • Protein = Building blocks for our bodies**

- Protein builds muscle and maintains the immune system.
- Main sources are: Lean Meats, Low Fat Dairy, Eggs, and Beans/Legumes.
- What to look for: Lean protein sources. Typically the less legs on the animal the protein came from, the better it is for you.
- Try to include a lean protein source with every meal.
- Protein needs increase with activity. Intake ranges from 0.5g (recreational exerciser) to 0.8g (building muscle mass) of protein per pound of body weight. You will never need more than 1g per pound for health or muscle mass gains. The palm of your hand equals about 30-40g of protein.

**The Top 5 Proteins****Fats: "Eat Healthy Fat" • Healthy Fats = Energy Density**

- Healthy Fats provide energy, help to regulate blood sugar, improve cholesterol, and keep you feeling full.
- Omega-3 fatty acids improve cognition, decrease inflammation, and enhance heart health. They are considered essential because your body cannot make them, you must get them through food. Omega-3's are found in fatty fish like salmon, trout, and tuna, as well as flaxseed, walnuts, and omega-3 fortified foods.
- Try to get one serving of healthy fat per meal (2 total servings of fatty fish per week).

**The Top 5 Fats**

SOURCE: WWW.NAVYFITNESS.ORG

**Eat Clean Eat Often Hydrate Recover Mindset**

# FUELING SERIES

CHOOSE YOUR FUEL

EAT CLEAN

## CARBS (GRAINS)

## PROTEIN

## FAT

### HIGH OCTANE FUEL: 91

Beans (black, kidney, navy)  
Chickpeas  
Black eyed-peas  
Brown rice  
Corn  
Green peas  
High fiber crackers  
Lentil, black bean and pea soup  
Low-fat refined beans  
Sweet potato/yam  
Whole grain bread  
Whole grain bagels  
Whole grain cereal  
Whole grain tortillas  
Whole grain waffles

95% Ground beef or turkey  
Beans & peas  
Chicken, white meat/skinless  
Deli meat (turkey, ham, beef)  
Eggs (especially omega 3 eggs)  
Egg whites  
Lean beef steak  
Lean ham steak  
Lean jerky  
Low-fat cottage cheese  
Yogurt  
Milk, Non-fat and 1%  
Nut butters: Almond/peanut  
Non-fried fish  
Tofu  
Trimmed pork chops  
Tuna (in water)  
Turkey, white meat/skinless

Avocado  
Flax seed and flax oil  
Natural almond butter  
Natural peanut butter  
Olive oil  
Canola oil  
Peanuts  
Pumpkin seeds  
Raw almonds  
Raw cashews  
Raw pecans  
Raw pistachios  
Raw walnuts  
Sunflower seeds

Baked beans  
Baked chips  
Boiled new potatoes  
Cereal bars  
Corn tortillas  
Corn meal/cornbread  
Crackers  
Cream of wheat  
Flour tortillas  
French bread  
French toast  
Hamburger/hot dog buns  
Macaroni  
Pancakes  
Pasta  
Pita bread  
Pretzels  
Ravioli  
Rice cakes  
Spaghetti  
Waffles  
White bread  
White rice

85% Ground beef/turkey  
Chicken, dark/skinless  
Milk: 2% and low-fat flavored  
Turkey, skinless/dark  
Turkey bacon  
Turkey sausage

Butter (in small amounts)  
Dry roasted nuts/seeds  
Reduced fat mayonnaise  
Reduced fat salad dressing  
Reduced fat sour cream  
Reduced fat cheese  
Regular peanut butter

### LOW OCTANE FUEL: 87

Biscuits  
Croissants  
Doughnuts  
Fettuccini alfredo  
French fries  
Hash browns  
Mashed potatoes  
Muffins  
Pop tarts  
Refried beans  
Sugary cereals

75% Ground beef/turkey  
Bacon  
Beef or pork ribs  
Bratwurst  
Chicken, with skin  
Fried chicken  
Fried fish/seafood  
Frozen pizza  
Ham on bone  
Regular cottage cheese low-fat  
Whole milk/chocolate milk

Fried foods  
Honey roasted nuts/seeds  
Margarine  
Mayonnaise  
Ranch & other salad dressing  
Regular cheese  
Sour cream  
Coconut oil

SOURCE: WWW.NAVYFITNESS.ORG

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## Fruits and Vegetables

- Fruits and vegetables are a great source of high fiber carbohydrates.
- Fruits and vegetables provide our body with a combination of vitamins that cannot be replicated in a supplement.
- Different colors serve different roles in the body.
- Aim for at least 3 colors at every meal.
- Over the course of the day strive to eat 2 servings of fruit and 3 servings of vegetables.
- Whole fruits and vegetables are best.
- Canned and frozen fruits and vegetables can also offer healthy alternatives at a lower cost. When choosing canned fruits, make sure to choose them in their own juice or water.
- Drink fruit juice in moderation and make sure it is 100% juice. One serving of juice is equal to 4-6 oz.

## COLOR CODE OF RESTORATIVE NUTRITION

**Mellow Foods:** Optimizes brain functions

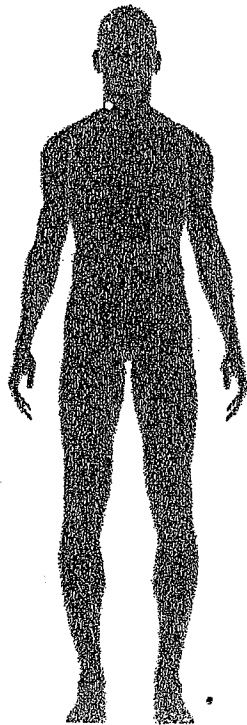
- Spinach
- Yellow peppers
- Yellow corn
- Yellow tomato
- Eggplant
- Squash
- Yellow beans
- Sweet corn

**Green Foods:** Improves metabolism and circulation

- Kale
- Broccoli
- Asparagus
- Green beans
- Avocado
- Cucumber
- Zucchini
- Spinach

**Orange Foods:** Supports skin and mucosal tissues

- Apricot
- Papaya
- Cantaloupe
- Carrots
- Nectarine



**Red Foods:** Supports heart and circulatory

- Cherries
- Red onion
- Cranberries
- Tomato/tomato sauce
- Strawberry
- Beets

**White Foods:** Enhances immune system, lymph system, and cellular recovery

- Banana
- Horseradish
- Garlic
- Jicama
- Ginger
- Mushrooms
- Gobo root
- Onion
- Heart of palm

**Purple Foods:** Promotes microcirculation

- Blackberry
- Eggplant
- Blueberry
- Grapes
- Plums
- Olives
- Cabbage

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# FUELING SERIES

FUEL UP! THREE EVERY THREE

EAT OFTEN

## Set the Tone! • "Break" – the – "Fast"

### Eat breakfast every day:

- Breakfast: Increases Metabolism  
Fuels the Brain  
Increases Energy Levels
- Don't substitute coffee, soda and energy drinks for food or lack of sleep.
- Skipping breakfast leads to eating more calories through the day and later at night. Don't play catch up!

### Breakfast should include:

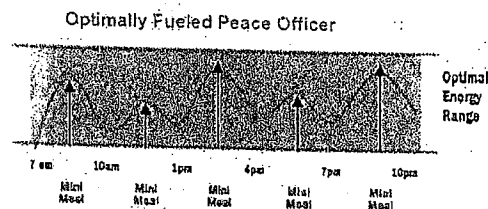
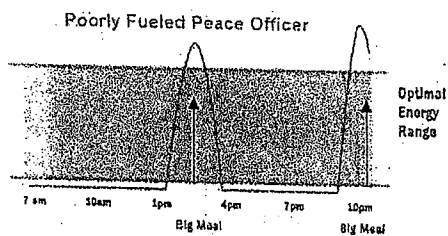
**Protein:** Eggs, egg whites, ham, beans, yogurt, or low-fat milk

**High Fiber Carbohydrate:** Whole wheat bread, high fiber cereal, oatmeal, or beans

**Color:** Fruit in cereal, oatmeal, or yogurt / Veggies in eggs or omelets

### Continue to give the body steady fuel:

Eating smaller meals, more often will help to provide stable energy throughout the day. Fuel up with the 3 macronutrients (carbs, protein, fat) every 3 hours. Skipping meals will not lead to weight loss, it will lead to lower energy and decreased physical and mental performance.

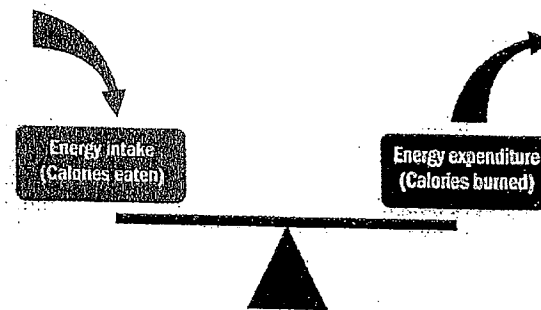


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## Energy Balance:

Both the quality and the quantity of the food you consume is important to consider in order to maximize your performance and achieve your body composition goals. Energy is another word for calories and your energy balance is represented by your energy in (what you eat and drink) and energy out (what you burn through daily living and physical activity). Daily balance is important, but you should not scrutinize your daily intake. Changes in body composition will be a result of your consistent changes over time; therefore aim for balance over the course of each week.

This guide provides the information you need to maximize your nutrient **QUALITY** and energy **QUANTITY**. Check out the Meal Builder to get an estimate of how many calories you should consume and how to build a day of meals that will provide you with the correct blend of nutrients to help you reach your goals. Keep in mind that the meal builder recommendations are designed for use with workouts or exercises of similar intensity and duration.



**THE SAME AMOUNT OF QUALITY ENERGY IN & ENERGY OUT OVER TIME = WEIGHT STAYS THE SAME**

More IN than OUT over time = **WEIGHT GAIN**

More OUT than IN over time = **WEIGHT LOSS**

**LIFESTYLE ACTIVITY + STRUCTURED WORKOUTS + QUALITY FUELING = SUCCESS**

SOURCE: WWW.NAVYFITNESS.ORG

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## Portion Control: What is a serving size?

Choosing great foods is only half the battle to optimizing nutrition. Make sure to choose portion sizes that fit your needs.

### BREADS:

- 1 Slice 100% whole wheat, rye, white, pumpernickel bread
- 2 Slices reduced calorie bread
- 1 Hot dog bun
- $\frac{1}{2}$  English muffin
- $\frac{1}{2}$  Bagel (3 inches)
- 1 Roll (small)
- 6" diameter pita bread
- 6" diameter corn or flour tortilla

### VEGETABLES:

- 1c Raw vegetables
- 1c Cooked vegetable (e.g. see above for raw)
- 6oz Most vegetable juices

### FRUITS:

- 1 Medium whole fruit (apple, orange, banana, etc)
- $\frac{1}{2}$ c Applesauce, unsweetened
- $\frac{1}{2}$ c Blueberries
- 1- $\frac{1}{2}$ c Whole strawberries
- 1c Raspberries or boysenberries
- 1c Cubed cantaloupe or honeydew
- $\frac{1}{2}$ c Cubed watermelon
- $\frac{1}{2}$ c Canned fruit (canned in water or juice)
- 12-15 Grapes
- 12 Cherries
- 2 Small plums
- 3 Dried prunes (also called "dried plums")
- 2Tbsp Raisins or other dried fruit
- 4-6oz 100% fruit juice

### CEREALS AND GRAINS:

- 1oz Most cold cereals ( $\frac{1}{4}$  - 1c)
- 1- $\frac{1}{2}$ c Puffed cereals (e.g. puffed rice)
- $\frac{1}{2}$ c Cooked cereal (e.g. oatmeal, oat bran, cream of wheat)
- $\frac{1}{2}$ c Cooked brown or white rice
- $\frac{1}{2}$ c Cooked enriched or whole-wheat pasta

### MILK AND DAIRY

- 8oz (1c) Nonfat or 1% milk, low fat or 1% fat chocolate milk
- 8oz (1c) Calcium-fortified light or reduced fat soy milk
- 8oz (1c) Nonfat or 1% plain or fruited yogurt
- $\frac{1}{2}$ c Nonfat frozen yogurt

### MEAT AND PROTEIN

- 8oz (1c) Nonfat or 1% milk, low fat or 1% fat 3 - 4oz meat
- $\frac{1}{2}$ c Beans
- 2Tbsp Peanut butter
- 2 Eggs
- $\frac{1}{2}$ c Cottage cheese

1tsp = 1 Teaspoon  
1Tbsp = 1 Tablespoon  
1c = 1 Cup  
1oz = 1 Ounce

### QUICK TIPS:

- 3-4oz of meat is about the size and thickness of a deck of playing cards.
- A medium sized piece of fruit is the size of a tennis ball.
- 1oz of cheese is about the size of four stacked dice.
- $\frac{1}{2}$ c of ice cream is the size of a tennis ball.
- 1c of mashed potatoes is the size of your fist (depending on your size, commonly the size of a female fist).
- 1oz of nuts should fit into the palm of your hand.
- 1Tbsp of margarine or butter is about the size of the tip of your thumb.



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# FUELING SERIES

## HYDRATION NEEDS

### HYDRATE

#### DAILY HYDRATION NEEDS

- Water should be your main source of hydration.
- Avoid drinking soda, energy drinks, and fruit drinks. These beverages provide a lot of calories with very little nutritional value.
- Limit sweetened teas and coffee drinks with added sugar and cream.
- Only choose sports drinks before, during, and after intense exercise.

#### Are you hydrated?

- If you are thirsty, it is too late.
- Evaluate your urine. It should be light in color and resemble pale lemonade.

#### To maintain hydration drink water:

- 0.5 - 1oz fluid per pound per day (There are about 33oz in a liter (L))

BODY WEIGHT	OUNCES OF FLUID PER DAY	LITERS NEEDED PER DAY
120 pounds	60 - 120 oz	2 - 4 liters/day
150 pounds	75 - 150 oz	2.5 - 5 liters/day
175 pounds	90 - 175 oz	3 - 6 liters/day
200 pounds	100 - 200 oz	3.5 - 7 liters/day
225 pounds	115 - 225 oz	4 - 8 liters/day
250 pounds	125 - 200 oz	4.5 - 9 liters/day

#### HYDRATION CONSIDERATIONS IN EXTREME ENVIRONMENTS

In extreme environments it is even more important to be aware of your fluid intake, fluid loss and electrolyte needs.

#### Key Nutrition Tips for Extreme Environments:

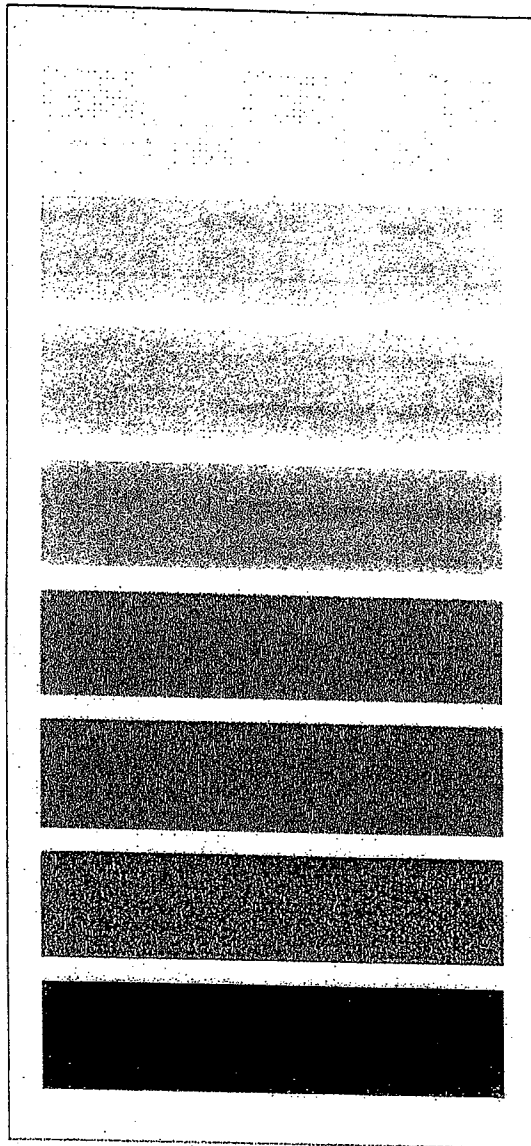
- Do not skip meals.
- Take time to drink.
- Maximize taste/palatability (temperature, sweetness) of your beverage. If it tastes great, you are more likely to drink it.
- Minimize body water losses.
- Consider engineered food products when cramping risks are high. If you are a salty sweater, or if you are sweating more than usual. Choose sports drinks with at least 110mg sodium and 30mg potassium per 8oz/250ml. These are ideal for replacing electrolytes lost in sweat. If you are an excessively salty sweater (salty skin), then 200mg sodium per 8oz or added electrolytes should be considered. (Nuun Tablets, Gator-Lytes, etc.)
- Include whole foods in your meals that are higher in sodium. Good options are V8 Juice, pickles, pretzels, adding a little extra salt to your meals

ENVIRONMENT	CONSIDERATION	HYDRATION RECOMMENDATIONS
Dry Extreme Heat	The extreme dry heat greatly increase the risk for dehydration and heat injury.	<b>Suggested Fluid Intake:</b> 5-12 Liters/day <b>Tips:</b> Sweating rates can be reduced by working at night. During daylight hours, sweating rates can be reduced by covering the skin with light, vapor-permeable clothing. If and when possible, drink COLD water and sports drink.
Hot and Humid	Relative humidity can increase water requirements independent of temperature. The humidity makes the evaporation of sweat off the skin difficult, which decreases the body's ability to cool itself. This increases the risk for dehydration and heat exhaustion. Excessive sweating can also cause a large loss of electrolytes, specifically sodium and potassium.	<b>Suggested Fluid Intake:</b> Up to 2x needs of Extreme Dry Heat <b>Tips:</b> If and when possible drink COLD water and sports drink.
Altitude	Altitude puts us at greater risk of dehydration. More fluid is lost through our urine and breathing. Layers of clothes may cause us to sweat more with little evaporation. The elevation also causes us to not feel as thirsty.	<b>Suggested Fluid Intake:</b> 4-6 Liters/day <b>Tips:</b> Drinking small quantities of fluid frequently results in less urine production than drinking large quantities of fluid less frequently.
Altitude and Cold	The addition of cold to altitude can cause greater risk for dehydration because of the sweat losses that occur in insulated clothing, low rates of fluid ingestion, and concern of having to remove clothing to urinate.	<b>Suggested Fluid Intake:</b> 5-7.5 Liters/day <b>Tips:</b> Make sure to consider the ventilation for your clothing to allow for sweating to dissipate heat. Drinking small quantities of fluid frequently results in less urine production than drinking large quantities of fluid less frequently. If and when possible consume hot fluids, tea, chicken/vegetable broth.

SOURCE: WWW.NAVYFITNESS.ORG

Eat Clean Eat Often Hydrate Often

Check the color of your urine  
as a good indicator of your  
hydration status.



**Hydrated**

**Dehydrated**

**Extremely  
Dehydrated**  
(consult a doctor)

SOURCE: WWW.NAVYFITNESS.ORG

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# FUELING SERIES

DON'T WASTE YOUR WORKOUT

RECOVER

## Recovery in 3's: Pre, During, and Post-Workout

### Pre Workout

Don't go into your workout on an empty stomach

Top off your fuel tank with a small balanced snack containing carbohydrate, fluid, and a small amount of protein approximately: 1 - 2 hours before your workout

Going into a workout properly fueled will improve performance and jump start recovery.

Great pre-workout snacks include:

- 1 Yogurt with  $\frac{1}{2}$  cup berries and  $\frac{1}{4}$  cup high fiber cereal
- Small bowl of cereal with a banana
- $\frac{1}{2}$  turkey sandwich and fruit
- $\frac{1}{2}$  peanut butter & jelly sandwich and fruit
- Homemade trail mix (1c high fiber cereal, 2 Tablespoons dried fruit, 2 Tablespoons nuts)

Make sure to hydrate with 16-20 oz of water too.

### During Workout

It is important to stay hydrated during exercise.

How much do you need to drink?

- Losing 2% or more of your body weight due to sweating can decrease your performance and put you at greater risk for heat illness.
- A good way to monitor how well you are hydrating is to weigh yourself before and after training.

Do you need a sports drink?

NO, if...

- Training for less than 1 hour
- Weight loss is the goal of the training session

YES, if...

- Training for over an hour
- Training in extreme environments
- Lean body mass gain is the goal
- You enter the workout without any fuel
- You have a short but extremely intense workout

### GENERAL HYDRATION GUIDELINES DURING WORKOUTS:

#### Maintain Hydration

- Keep weight loss to less than 2% during the workout.
- Take 4-6 gulps of fluid about every 15 minutes.
- Pay extra attention to your hydration when you are sweating more than usual or in an extreme environment.

#### Maintain Fuel and Electrolytes

- When you need something more than water, choose a sports drink with at least 110mg of sodium per 8 ounces to help prevent cramping and maintain electrolytes.
- When your exercise level warrants the consumption of a sports drink, 20-32oz an hour is all you will need to keep you fueled. Balance the rest of your hydration needs with water.

### Hydration Example: 150 pound Peace Officer

- 2% of their body weight is 3 pounds.
- If this Officer loses more than 3 pounds during their training, they are not hydrating effectively.

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Endurance Exertion Workout Plan

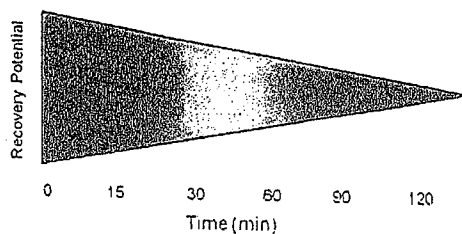


## Recovery in 3's: Pre, During, and Post-Workout

### Post Workout

- The sooner you get your post workout nutrition, the quicker you recover.
- Your recovery snack or meal – such as a granola bar with at least 5g of protein or a fruit smoothie – makes up one of your 5 - 6 meals per day.

### THE OPEN WINDOW OF OPPORTUNITY TO GET YOUR BODY THE NUTRIENTS IT NEEDS FOR RECOVERY.



#### Re-Fuel

#### Re-Build

#### Re-Hydrate

### Within 10 minutes of training:

**1. Refuel with carbohydrate**  
The more intense the training, the more carbohydrate you need.

**2. Rebuild with protein**  
Protein needs post workout are based on body weight.

**3. Rehydrate with fluid**  
Drink 20-24oz of fluid for each pound lost during training.

### What do you need to recover?

BODY WEIGHT (POUNDS)	GRAMS OF PROTEIN	GRAMS OF CARBOHYDRATE
120 - 150	15 - 20	30 - 60
150 - 180	20 - 25	40 - 75
181 - 215	25 - 30	50 - 90
215 - 245	30 - 35	60 - 105

#### Examples

- 20oz low fat chocolate milk + banana
- Turkey and pasta salad
- Tuna sandwich w/ baked chips
- Meal replacement bar + 20oz sports drink

- Scrambled eggs or egg whites with whole wheat toast and 6oz juice
- Turkey sandwich + yogurt
- Spaghetti and meatballs
- Fruit smoothie blended with yogurt or whey protein

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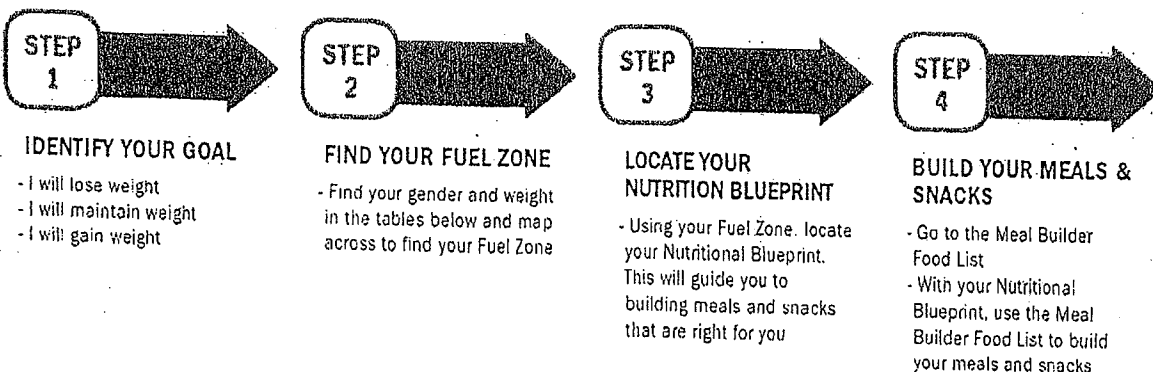
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# FUELING SERIES

STRENGTH SERIES | ENDURANCE SERIES | SANDBAG TRAINING SERIES

The biggest barriers to great nutrition are poor planning and poor implementation. The nutrition blueprint and meal builder make it easy to build meals and snacks that will keep you fueled and help you reach your goals. This tool will help you stay organized and create an environment for success. Always remember the 80/20 rule as you look to sustainably upgrade your nutrition. Choose high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

## BUILD YOUR MEAL IN 4 SIMPLE STEPS



## SET YOUR GOAL, FIND YOUR FUEL ZONE

I WILL FUEL TO...

STEP 1	LOSE WEIGHT				GAIN WEIGHT	
	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE
FEMALE	100 - 125	1400 - 1600	Under 105	2000 - 2200	100 - 110	2800 - 3000
	125 - 150	1600 - 1800	105 - 130	2200 - 2400	110 - 140	3000 - 3200
	150 - 180	1800 - 2000	130 - 160	2400 - 2600	140 - 165	3200 - 3400
	180 - 205	2000 - 2200	160 - 185	2600 - 2800	165 - 195	3400 - 3600
	205 - 235	2200 - 2400	185 - 210	2800 - 3000	195 - 220	3600 - 3800
	235 - 260	2400 - 2600				
MALE	Under 140	1800 - 2000	Under 140	2600 - 2800	Under 140	3400 - 3600
	140 - 155	2000 - 2200	140 - 160	2800 - 3000	145 - 165	3600 - 3800
	155 - 175	2200 - 2400	160 - 180	3000 - 3200	165 - 185	3800 - 4000
	175 - 190	2400 - 2600	180 - 195	3200 - 3400	185 - 205	4000 - 4200
	190 - 210	2600 - 2800	195 - 215	3400 - 3600	205 - 220	4200 - 4400
	210 - 230	2800 - 3000	215 - 235	3600 - 3800	220 - 240	4400 - 4600
	230 - 250	3000 - 3200	235 - 255	3800 - 4000		
	250 - 265	3200 - 3400	255 - 275	4000 - 4200		
	265 - 285	3400 - 3600				
	285 - 305	3600 - 3800				

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**STEP**  
**3**
**Locate Your Nutrition Blueprint - Strength, Endurance, Sandbag Series**

Using the Fuel Zone you identified in Steps 1 & 2, locate your personal Nutritional Blueprint to fit your caloric needs. Your blueprint has six columns across the top that represent meal times, or "fueling times". The food groups are represented along the left hand side, and the numbers located within the zone are the recommended number of servings from each food group at each fueling time.

1400 - 1600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1	1 to 2	1	1 to 2	
Proteins	1		1		1	1
Fruits	0 to 1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	0 to 1
Calorie Range	350 - 400	175 - 200	280 - 320	175 - 200	280 - 320	140 - 160
*Meal Replacement Shake or Bar		1		1 + fruit		1

1600 - 1800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1 to 2	2	1 to 2	2	
Proteins	1		1		1	1
Fruits	1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	400 - 450	200 - 225	320 - 360	200 - 225	320 - 360	160 - 180
*Meal Replacement Shake or Bar		1		1 + fruit		1

1800 - 2000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 to 3	1 to 2	2	1 to 2	2	
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	1 to 2	1	1 to 2	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	450 - 500	225 - 250	360 - 400	225 - 250	360 - 400	180 - 200
*Meal Replacement Shake or Bar		1 + fruit		1 + 2 fruit		1

2000 - 2200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2	2	2	0 to 1
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	500 - 550	250 - 275	400 - 440	250 - 275	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1 + fruit		1 + 2 fruit		1 + fruit

2200 - 2400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2 to 3	2	2 to 3	1
Proteins	1 to 2	1	1	1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	550 - 600	275 - 300	440 - 480	275 - 300	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1 + fruit		1 + 2 fruit		1 + fruit

2400 - 2600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1	1
Fruits	2	1	2	1	1 to 2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1 to 2	1	1 to 2	1	1
Calorie Range	600 - 650	300 - 325	480 - 520	300 - 325	480 - 520	240 - 260
*Meal Replacement Shake or Bar		1 + fruit + 1 fat		1 + 2 fruit + 1 fat		1 + fruit + 1 fat

2600 - 2800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1 to 2	1
Fruits	2	1	2	1	2	1 to 2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1 to 2	1 to 2	1 to 2	1 to 2	1	1
Calorie Range	650 - 700	325 - 350	520 - 560	325 - 350	520 - 560	260 - 280
*Meal Replacement Shake or Bar		1 + fruit + 1 fat		1 + 2 fruit + 1 fat		1 + fruit + 1 fat

2800 - 3000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	2	1
Fruits	2 to 3	1	2	1	1 to 2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1	1
Calorie Range	700 - 750	350 - 375	560 - 600	350 - 375	560 - 600	280 - 300
*Meal Replacement Shake or Bar		1 + fruit + 1 fat		1 + 2 fruit + 1 fat		1 + fruit + 1 fat

SOURCE: WWW.NAVYFIT.NE

3000 - 3200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1 to 2
Proteins	2	1	1 to 2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1 to 2	1
Calorie Range	750 - 800	375 - 400	600 - 640	375 - 400	600 - 640	300 - 320
*Meal Replacement Shake or Bar	1+ fruit + 1 fat		1+2 fruit + 1 fat		1+ fruit + 1 fat	

3200 - 3400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3 to 4	2	3	2	3	2
Proteins	2	1	2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	2	1
Calorie Range	800 - 850	400 - 425	640 - 680	400 - 425	640 - 680	320 - 340
*Meal Replacement Shake or Bar	1+2 fruit + 1 fat		1+2 fruit + 1 fat		1+2 fruit + 1 fat	

3400 - 3600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3	2 to 3	3 to 4	2
Proteins	2	1	2	1	2	1
Fruits	3 to 4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2 to 3	1 to 2	2	1 to 2
Calorie Range	850 - 900	425 - 450	680 - 720	425 - 450	680 - 720	340 - 360
*Meal Replacement Shake or Bar	1+2 fruit + 1 fat		1+2 fruit + 2 fat		1+2 fruit + 1 fat	

3600 - 3800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3 to 4	2 to 3	4	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2 to 3	1 to 2	3	1 to 2	2	1
Calorie Range	900 - 950	450 - 475	720 - 760	450 - 475	720 - 760	360 - 380
*Meal Replacement Shake or Bar	1+2 fruit + 1 fat		1+2 fruit + 2 fat		1+2 fruit + 1 fat	

#### COACH TIP

Remember, the biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. To get you started, make a copy of your Nutrition Blueprint and put it somewhere you'll have easy access to when making fueling decisions, like in your wallet or on your fridge.

3800 - 4000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	1 to 2	3	1 to 2	2	1 to 2
Calorie Range	950 - 1000	475 - 500	760 - 800	475 - 500	760 - 800	380 - 400
*Meal Replacement Shake or Bar	1+2 fruit + 1 fat		1+2 fruit + 2 fat		1+2 fruit + 1 fat	

4000 - 4200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2	3	2	2	1 to 2
Calorie Range	1000 - 1050	500 - 525	800 - 840	500 - 525	800 - 840	400 - 420
*Meal Replacement Shake or Bar	1+2 fruit + 2 fat		1+2 fruit + 2 fat		1+2 fruit + 2 fat	

4200 - 4400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1050 - 1100	525 - 550	840 - 880	525 - 550	840 - 880	420 - 440
*Meal Replacement Shake or Bar	1+2 fruit + 2 fat		1+2 fruit + 2 fat		1+2 fruit + 2 fat	

4400 - 4600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4 to 5	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1100 - 1150	550 - 575	880 - 920	550 - 575	880 - 920	440 - 460
*Meal Replacement Shake or Bar	1+2 fruit + 2 fat		1+2 fruit + 2 fat		1+2 fruit + 2 fat	

#### \*When choosing meal replacements:

1. Make sure it fits within your calorie recommendations
2. Should have at least 3g of fiber
3. Should have 10 - 30g of protein for women
4. Should have 15 - 42g of protein for men

SOURCE: WWW.NAVYFITNESS.ORG

# STEP 4

## Build Your Meals & Snacks

Using your Nutritional Blueprint, follow the directions below to start filling your day with meals and snacks designed to help you with your goals.

### Map Your Blueprint

The food list below has foods from each of the categories found in your Nutrition Blueprint.

### Size Up Your Servings

The number to the left of each food item equals one serving (eg. 1 slice of whole wheat bread = 1 grain serving).

### Mix It Up

Each serving may be used interchangeably. For example, if you tire of whole wheat toast at breakfast you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (eg. 2 slices of whole wheat toast) or mix and match (eg. 1 slice of whole wheat toast and 3/4c Multi Grain Cheerios). You are limited only by your creativity!

You are now prepared to build customized meals and snacks to help you meet your goals. These meals and snacks will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts. Remember, to maximize your energy and reach your body composition goals, think about both quality and quantity of your food choices.

<b>GRAINS / STARCHES:</b>		<b>Meal replacement considerations:</b>	
<b>Pasta/Rice</b>		<ul style="list-style-type: none"> <li>• Make sure it fits within your calorie recommendations</li> <li>• Should have at least 3g of fiber</li> <li>• Double check the protein level               <ul style="list-style-type: none"> <li>- Women need 10-30g</li> <li>- Men need 15-42g</li> </ul> </li> </ul>	
1/2c Brown Rice (cooked)	2	1c Rice Cakes (4" diameter each)	Orange
1/2c Whole Wheat Cous Cous (cooked)	2	1c Reduced Fat Triscuits	1c Cantaloupe (cubed)
1/2c Whole Wheat Pasta (cooked)	1	1c Whole Grain Fig Newton	1m. Orange, nectarine or peach
1/2c Risotto, Quinoa (cooked)			1 1/2c Tangerine
<b>Breads/Tortillas/Rolls</b>		<b>VEGETABLES:</b>	
1slice Bread (100% whole wheat)	3 1/2	<b>Green</b>	
1/2c Pita Bread (6" diameter each)	3 1/2	1c Arugula	
1/2c Whole Wheat Bagel	3 1/2	1/2c Asparagus (cooked)	
1/2c English Muffin	3 1/2	1c Asparagus (raw)	
1/2c Whole Wheat Hamburger/Hot dog Bun	3 1/2	1/2c Broccoli (cooked)	
1/2c Sub Bread (6" each)	3 1/2	1c Broccoli (raw)	
1 Whole Wheat Tortilla	3 1/2	1c Brussels sprouts	
2 Corn Tortillas	3 1/2	1c Celery (cooked)	
1sm Whole Wheat Roll (1/2c each)	3 1/2	1c Celery (raw)	
<b>Cold Cereals</b>		1c Collards (cooked)	
1/2c All Bran Cereal	3 1/2	1c Cucumber (raw)	
1/2c Cheerios Cereal	3 1/2	1c Green beans (cooked)	
1/2c Cheerios MultiGrain Cereal	3 1/2	1c Green beans (raw)	
1/2c Cracklin Oat Bran Cereal	3 1/2	1c Green veggie salad	
1/2c Frosted Mini Wheats Cereal	3 1/2	1c Kale (raw)	
1/2c Grape Nuts Cereal	3 1/2	1c Lettuce (raw)	
1/2c Kashi Go Lean Cereal	3 1/2	1c Spinach (raw)	
1/2c Kashi Go Lean Crunch Cereal	3 1/2	<b>White</b>	
1/2c Kashi Go Lean Honey	3 1/2	1/2c Cabbage (cooked)	
1/2c Almond Flax	3 1/2	1c Cabbage (raw)	
1/2c Muesli Cereal	3 1/2	1/2c Cauliflower (cooked)	
1/2c Raisin Bran Cereal	3 1/2	1c Cauliflower (raw)	
1/2c Smart Start Cereal	3 1/2	1c Onions (cooked)	
1/2c Special K Cereal	3 1/2	1c Onions (raw)	
1/2c Whole Wheat Total Cereal	3 1/2	1/2c Water chestnuts (cooked)	
<b>Hot Cereals</b>		1c Water chestnuts (raw)	
1/2c Cream of Wheat (cooked)	3 1/2	<b>Red</b>	
1 Instant Grits	3 1/2	1c Tomato, beats	
1 Packet Kashi Instant Oatmeal	3 1/2	1/2c Salsa tomato sauce	
1 Packet Quaker Instant Oatmeal	3 1/2	<b>Orange</b>	
1/2c Slow Cooked Oatmeal	3 1/2	1/2c Carrots (cooked)	
<b>Veggies, Beans, Potatoes</b>		1c Carrots (raw)	
1/2c Soy Beans (cooked)	4	<b>Mixed Colors</b>	
1/2c Split Peas (cooked)	2	1/2c Peppers (cooked)	
1c Squash (winter, acorn butter nut)	2	1c Peppers (raw)	
1/2c Peas (cooked)	2	1/2c Stir fry vegetables (cooked)	
1/2sm Baked Potato	2	1c Stir fry vegetables (raw)	
1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)	8 1/2	1c Vegetable juice	
1/2c Corn (cooked)	2 1/2	1/2c Zucchini (cooked)	
1 Ear of corn	2 1/2	1c Zucchini (raw)	
1/2c Sweet Potato (cooked)	1 1/2	<b>FRUITS:</b>	
1/2c Yam (cooked)	1 1/2	<b>Red</b>	
1/2c Mashed Potatoes	1 1/2	1sm Apple	
<b>Snacks/Crackers/Granola Bars</b>		1/2c Applesauce (unsweetened)	
1 Kashi Granola Bar	2	12 Cherries	
2 Graham Crackers	2	1c Raspberries	
5 Whole Wheat Crackers (baked)	1-2	1 1/2c Strawberries (whole)	
4 Whole Wheat Melba Toast	1	1/2c Watermelon (cubed)	
1 Nature Valley Granola Bar	1	1m. Grapefruit	
8 Animal Crackers	1		
3c Light Popcorn (popped)	1		
<b>Proteins / Dairy:</b>			
<b>Fish/Seafood</b>			
3 1/2 Fish	3 1/2		
3 1/2 Cod	3 1/2		
3 1/2 Flounder	3 1/2		
3 1/2 Haddock	3 1/2		
3 1/2 Halibut	3 1/2		
3 1/2 Salmon	3 1/2		
3 1/2 Shrimp	3 1/2		
3 1/2 Trout	3 1/2		
3 1/2 Tuna	3 1/2		
<b>Poultry</b>			
3 1/2 Chicken (chicken meat)	3 1/2		
3 1/2 Chicken breast	3 1/2		
3 1/2 Ground turkey (cooked)	3 1/2		
3 1/2 Turkey (cooked meat)	3 1/2		
3 1/2 Turkey breast	3 1/2		
<b>Beef/Pork</b>			
3 1/2 Beef (96% lean ground chuck)	3 1/2		
1.5c Beef jerky	3 1/2		
3 1/2 Beef tenderloin	3 1/2		
3 1/2 London broil	3 1/2		
3 1/2 Pork (roast)	3 1/2		
3 1/2 Roast beef (roast meat)	3 1/2		
<b>Dairy</b>			
8 1/2 1% or non-fat regular milk	8 1/2		
or chocolate milk	8 1/2		
1/2c Non-fat or low fat cottage cheese	1/2c		
1/2c Non-fat frozen yogurt	1/2c		
1c Non-fat or low fat greek yogurt	1c		
8 1/2 Reduced-fat soy milk	8 1/2		
1 2% String cheese	1		
<b>Eggs</b>			
1/2c Egg Substitute	1/2c		
4 Egg Whites	4		
2 Eggs	2		
2 Omega-3 Eggs	2		
<b>Legumes</b>			
1/2c Beans: Black, Kidney, Pinto	1/2c		
Lima, Lentils (cooked/canned)	1/2c		
8 1/2 Calcium-fortified light soy milk	8 1/2		
2 1/2 Hummus	2 1/2		
1/2c Soy beans (cooked)	1/2c		
1/2c Split peas	1/2c		
1c Almond butter	1c		
1c Peanut butter (natural)	1c		
10-15 Raw nuts	10-15		
<b>MEAL REPLACEMENTS/PROTEIN POWDERS:</b>			
1-2 scoop Whey Protein*	1-2		
1 Bar	1		
1 Shake	1		
<small>*Make sure to choose protein powders that are certified safe and reliable. Check out www.navyfitness.com for a complete list.</small>			

SOURCE: WWW.NAVYFITNESS.ORG

Eat Clean Eat Often Hydrate Recover Mindset

## Recommended 4 Week Push Up Plan

### Week 1

So, you've completed your initial test and keen to start the program? Excellent news!

- If you managed 5 or less pushups in the test, follow column 1.
- If you completed between 6 and 10 pushups, column 2 is for you.
- Between 11 and 20 consecutive pushups? Impressive! Column 3 is what you're looking for.
- More than 20 pushups? I would suggest starting the program on Week 3. Choose either Column 2 or 3 based on the number of pushups you managed in your initial test.

For example: let's say you managed 8 pushups. Looking at the second column, Day 1 begins with Set 1 (6 pushups), a rest period of 60 seconds, before moving on to Set 2 (6 pushups). Rest for 60 seconds and continue with Set 3 (4 pushups) and Set 4 (4 pushups), before finishing with Set 5 and as many consecutive pushups as you can comfortably manage (at least 5, but not so many that you damage muscle tissue). The 60 seconds rest between each level should allow you to complete the workout, but I promise it will get tough towards the end.

Treat yourself to a rest day before moving on to Day 2, and then again before you complete Day 3. I find that Monday, Wednesday, Friday works well and allows you to use the weekend for rest and recovery before moving on to the next stage of the program. Feel free to juggle the plan around to meet your busy schedule, but make sure you rest in between workout days.

#### DAY 1

REST 60 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	< 5	6-10	11-20
SET 1	2	6	10
SET 2	3	6	12
SET 3	2	4	7
SET 4	2	4	7
SET 5	3+	5+	9+

Recommended 4 Week Push Up Plan

DAY 2

REST 60 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	< 5	6-10	11-20
SET 1	3	6	10
SET 2	4	8	12
SET 3	2	6	8
SET 4	3	6	8
SET 5	4+	7+	12+

DAY 3

REST 60 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	< 5	6-10	11-20
SET 1	4	8	11
SET 2	5	10	15
SET 3	4	7	9
SET 4	4	7	9
SET 5	5+	10+	13+

## Recommended 4 Week Push Up Plan

### Week 2

Week 1 should now be comfortably behind you and it's time to start Week 2 of the hundred pushups program. Continue by following the same column of exercises as you did in Week 1. Don't cut any corners, but feel free to take a little more rest between each level if you need to. It's also important to be well hydrated before you start each workout.

At the end of Week 2 it will be time to check your strength and perform an exhaustion test. In simple terms, perform as many good-form pushups as you can comfortably manage before you physically can't do another rep. Stress your system by all means, but please don't go beyond the safety limit. The number of pushups you complete will determine which level of the program you'll start in Week 3. Perform this test within a couple of days of completing Week 2. Good luck!

#### DAY 1

REST 60 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	< 5	6-10	11-20
SET 1	4	9	14
SET 2	6	11	14
SET 3	4	8	10
SET 4	4	8	10
SET 5	6+	11+	15+



Recommended 4 Week Push Up Plan

DAY 2

REST 90 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	< 5	6-10	11-20
SET 1	5	10	14
SET 2	6	12	16
SET 3	4	9	12
SET 4	4	9	12
SET 5	7+	13+	17+

DAY 3

REST 120 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	< 5	6-10	11-20
SET 1	5	12	16
SET 2	7	13	17
SET 3	5	10	14
SET 4	5	10	14
SET 5	8+	15+	20+

## Week 3

You should be a little stronger than you were a couple of weeks ago and able to complete considerably more pushups than your initial test.

- If you managed 16-20 pushups in the latest test, follow column 1.
- If you completed between 21 & 25, column 2 is for you.
- More than 25 consecutive pushups? Excellent! You'll be following column 3.

If you're struggling with the program, don't lose heart. Some people will still be doing less than 16 consecutive pushups, but this is ok. Just repeat the week you struggled with until you're strong enough to move on to the next level - I promise it will be worth your while!

### DAY 1

REST 60 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	16-20	21-25	>25
SET 1	10	12	14
SET 2	12	17	18
SET 3	7	13	14
SET 4	7	13	14
SET 5	9+	17+	20+

Recommended Week Push Up Plan

DAY 2

REST 90 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	16-20	21-25	>25
SET 1	10	14	20
SET 2	12	19	25
SET 3	8	14	15
SET 4	8	14	15
SET 5	12+	19+	25+

DAY 3

REST 120 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	16-20	21-25	>25
SET 1	11	16	22
SET 2	13	21	30
SET 3	9	15	20
SET 4	9	15	20
SET 5	13+	21+	28+

## Recommended 4 Week Push Up Plan

### Week 4

Week 3 is now comfortably behind you and it's time to start Week 4. Continue by following the same column of exercises as you did last week.

At the end of Week 4 it will be time to perform another exhaustion test. You should know what to do by now - simply perform as many good-form pushups as you can comfortably manage before you're unable to perform another one. As per the end of Week 2, stress your system by all means, but please don't go beyond the safety limit.

The number of pushups you complete will determine which level of the program you'll start in Week 5. Make sure you perform this test within a couple of days of completing Week 4.

#### DAY 1

REST 60 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	16-20	21-25	>25
SET 1	12	18	21
SET 2	14	22	25
SET 3	11	16	21
SET 4	10	16	21
SET 5	16+	25+	32+

Recommended 4 Week Push Up Plan

DAY 2

REST 90 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	16-20	21-25	>25
SET 1	14	20	25
SET 2	16	25	29
SET 3	12	20	25
SET 4	12	20	25
SET 5	18+	28+	36+

DAY 3

REST 120 SECONDS BETWEEN EACH SET  
(LONGER IF REQUIRED)

PUSHUPS	16-20	21-25	>25
SET 1	16	23	29
SET 2	18	28	33
SET 3	13	23	29
SET 4	13	23	29
SET 5	20+	33+	40+

## Week 1

So, you've completed your *initial test* and you're keen to start the program? Great news! Read on...

- If you managed 10 or less sit-ups in the test, follow column 1.
- If you completed between 11 and 20 sit-ups, column 2 is for you.
- Between 21 and 30 consecutive sit-ups? Impressive! Column 3 is what you're looking for.
- More than 30 sit-ups? I would suggest starting the program on Week 3 in either the second or third column.

*For example:* let's say you managed 18 sit-ups. Looking at the second column, Day 1 begins with Set 1 (9 sit-ups), a rest period of 60 seconds, before moving on to Set 2 (9 sit-ups). Rest for 60 seconds and continue with Set 3 (6 sit-ups) and Set 4 (6 sit-ups), before finishing with Set 5 and as many consecutive sit-ups as you can comfortably manage (at least 8, but not so many that you damage muscle tissue). The 60 seconds rest between each level should allow you to complete the workout, but you'll probably experience some minor fatigue towards the end.

Treat yourself to a rest day before moving on to Day 2, and then again before you complete Day 3. I find that Monday, Wednesday, Friday works well and allows you to use the weekend for rest and recovery before moving on to the next stage of the program. Feel free to juggle the plan around to meet your busy schedule, but make sure you rest in between workout days.

Week 1: pick the appropriate column depending on your initial test results

### DAY 1

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

	up to 10 sit-ups	11 – 20 sit-ups	21 – 30 sit-ups
SET 1	3	9	15
SET 2	4	9	18
SET 3	3	6	10
SET 4	3	6	10
SET 5	max (at least 5)	max (at least 8)	max (at least 14)

### DAY 2

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

	up to 10 sit-ups	11 – 20 sit-ups	21 – 30 sit-ups
SET 1	5	9	15
SET 2	6	12	18
SET 3	3	9	15
SET 4	5	9	15
SET 5	max (at least 6)	max (at least 10)	max (at least 18)

### DAY 3

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

SET 1	6	12	17
SET 2	7	15	22
SET 3	6	11	14
SET 4	6	11	14
SET 5	max (at least 8)	max (at least 15)	max (at least 20)

## Week 2

Week 1 should now be comfortably behind you and it's time to start Week 2. Continue by following the same column of exercises as you did in *Week 1*.

Don't cut any corners, but feel free to take a little more rest between each level if you need to. It's also important to be well hydrated before you start each workout.

At the end of Week 2 it will be time to check your strength and perform an exhaustion test. In simple terms, perform as many *good-form sit-ups* as you can *comfortably* manage. Stress your core by all means, but please don't go beyond the safety limit. The number of sit-ups you complete will determine at which level of the program you'll start *Week 3*. Perform this test within 24-48 hours of completing Week 2. Good luck!

week 2: pick the same column as you did in week 1

### DAY 1

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

	up to 10 sit-ups	11 – 20 sit-ups	21 – 30 sit-ups
SET 1	6	14	21
SET 2	9	17	21
SET 3	6	12	15
SET 4	6	12	15
SET 5	max (at least 9)	max (at least 17)	max (at least 22)

### DAY 2

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

SET 1	7	15	21
SET 2	9	18	24
SET 3	6	14	18
SET 4	6	14	18
SET 5	max (at least 11)	max (at least 20)	max (at least 26)

### DAY 3

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

SET 1	8	18	24
SET 2	12	20	25
SET 3	8	15	21
SET 4	8	15	21
SET 5	max (at least 12)	max (at least 23)	max (at least 30)



## Week 3

You should be a little stronger than you were a couple of weeks ago and able to complete considerably more sit-ups than your initial test.

- If you managed 21 – 30 sit-ups in the latest test, follow column 1.
- If you completed between 31 & 40, column 2 is for you.
- More than 40 consecutive sit-ups? Excellent! You'll be following column 3.

If you're struggling with the program, don't lose heart. Some people will still be doing less than 21 consecutive sit-ups, but this is ok. Just repeat the week you struggled with until you're strong enough to move on to the next level – I promise it will be worth your while!

Week 3: pick the appropriate column depending on your latest test results

### DAY 1

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

	21 – 30 sit-ups	31 – 40 sit-ups	> 40 sit-ups
SET 1	15	18	21
SET 2	18	25	27
SET 3	11	19	21
SET 4	11	19	21
SET 5	max (at least 14)	max (at least 25)	max (at least 30)

### DAY 2

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

	21 – 30 sit-ups	31 – 40 sit-ups	> 40 sit-ups
SET 1	15	21	30
SET 2	18	28	38
SET 3	12	21	23
SET 4	12	21	23
SET 5	max (at least 18)	max (at least 28)	max (at least 38)

### DAY 3

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

	21 – 30 sit-ups	31 – 40 sit-ups	> 40 sit-ups
SET 1	17	24	33
SET 2	20	32	42
SET 3	14	23	30
SET 4	14	23	30
SET 5	max (at least 20)	max (at least 32)	max (at least 45)

## Week 4

Week 3 is now comfortably behind you and it's time to start Week 4. Continue by following the same column of exercises as you did last week.

At the end of Week 4 it will be time to perform another exhaustion test. You should know what to do by now – simply perform as many good-form sit-ups as you can comfortably manage. As per the end of Week 2, stress your core by all means, but please don't go beyond the safety limit.

week 4: pick the same column as you did in week 3

### DAY 1

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

	21 – 30 sit-ups	31 – 40 sit-ups	> 40 sit-ups
SET 1	18	27	32
SET 2	21	33	38
SET 3	17	24	32
SET 4	15	24	32
SET 5	max (at least 24)	max (at least 38)	max (at least 48)

### DAY 2

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

SET 1	21	30	38
SET 2	24	38	45
SET 3	18	30	38
SET 4	18	30	38
SET 5	max (at least 27)	max (at least 42)	max (at least 54)

### DAY 3

REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)

SET 1	24	35	45
SET 2	27	42	50
SET 3	20	35	45
SET 4	20	35	45
SET 5	max (at least 30)	max (at least 50)	max (at least 60)

## Recommended 4 Week Run Plan

### 4 week run plan

#### Week 1

Day 1: Run 1/16 mile, walk 3/16 mile – repeat 4 times (Track equivalent: Run 1/4 of a lap, walk 3/4 of a lap – repeat 4 times)

Day 2: Rest or cross-train

Day 3: Run 1/16 mile, walk 3/16 mile – repeat 4 times (Track equivalent: Run 1/4 of a lap, walk 3/4 of a lap – repeat 4 times)

Day 4: Rest

Day 5: Run 1/16 mile, walk 3/16 mile – repeat 4 times (Track equivalent: Run 1/4 of a lap, walk 3/4 of a lap – repeat 4 times)

Day 6: Rest or cross-train

Day 7: Rest

#### Week 2

Day 1: Run 1/8 mile, walk 1/8 mile – repeat 4 times (Track equivalent: Run 1/2 a lap, walk 1/2 of a lap – repeat 4 times)

Day 2: Rest or cross-train

Day 3: Run 1/8 mile, walk 1/8 mile – repeat 4 times (Track equivalent: Run 1/2 a lap, walk 1/2 of a lap – repeat 4 times)

Day 4: Rest

Day 5: Run 1/8 mile, walk 1/8 mile – repeat 4 times (Track equivalent: Run 1/2 a lap, walk 1/2 of a lap – repeat 4 times)

Day 6: Rest or cross-train

Day 7: Rest

#### Week 3

Day 1: Run 3/16 mile, walk 1/16 mile – repeat 4 times (Track equivalent: Run 3/4 a lap, walk 1/4 of a lap – repeat 4 times)

Day 2: Rest or cross-train

Day 3: Run 3/16 mile, walk 1/16 mile – repeat 4 times (Track equivalent: Run 3/4 a lap, walk 1/4 of a lap – repeat 4 times)

Day 4: Rest

Day 5: Run 3/16 mile, walk 1/16 mile – repeat 4 times (Track equivalent: Run 3/4 a lap, walk 1/4 of a lap – repeat 4 times)

Day 6: Rest or cross-train

Day 7: Rest

#### Week 4

Day 1: Run 1 mile (Track equivalent: 4 laps = 1 mile)

Day 2: Rest or cross-train

Day 3: Run 1 mile (Track equivalent: 4 laps = 1 mile)

Day 4: Rest

Day 5: Run 1 mile (Track equivalent: 4 laps = 1 mile)

Day 6: Rest or cross-train

Day 7: Rest

**AIRCRAFT RESCUE AND FIRE FIGHTING DIVISION**  
**EXERCISE PROGRAM**  
**10-47**

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

Time and Date: \_\_\_\_\_

**Warm Up- 10min Run/Walk**

<b>Workout 1</b>	<b>Week 1: Total Time</b>	<b>Week 2: Total Time (+lbs/reps)</b>	<b>Week 3: Total Time (+lbs/reps)</b>
30 air squats			
Two 1 ½" Hose Farmers Carry 100' 30lbs Dumbbell Equivalent			
15reps "P.O.S.T." Sit- ups			
Tire Pull Hand Over Hand 50' Two times			

\*If needed 1min max rest between each set.

**Warm Up- 10min Run/ Walk**

<b>Workout 2</b>	<b>Week 1: Total Time</b>	<b>Week 2: Total Time (+lbs/reps)</b>	<b>Week 3: Total Time (+lbs/reps)</b>
Two 1 ½" Single Section Hand Hose Carry Steps-up 20reps			
25lbs Standing Arm Curl Shoulder Press 20reps Total			
30sec Push-up Plank			
Tire Pull 100'			

\*If needed 1min max rest between each set.

**Warm Up- 10min Run/ Walk**

<b>Workout 3</b>	<b>Week 1: Total Time</b>	<b>Week 2: Total Time (+lbs/reps)</b>	<b>Week 3: Total Time (+lbs/reps)</b>
Two 1 ½" Single Sections Hose Farmers Carry 100'			
9.5/10lbs Sledgehammer Right/ Left Side 10 reps each side Tire Slams for a total of 20 reps			
Push Up Position Knee To Elbow 20reps			
50' Tire Pull Turn and Hand over Hand Pull			

\*If needed 1min max rest between each set

## Warm Up- 10min Run/Walk

Workout 4	Week 1: Total Time	Week 2: Total Time (+lbs/reps)	Week 3: Total Time (+lbs/reps)
One 1 ½" Single Section Hose Wide Stance Squat to Shoulder Press 20 reps			
50' Tire Drag to 10 reps Sledgehammer Tire Slams Right/Left Side for a Total of 20			
10 "P.O.S.T." Sit ups to 10 Supine Single Leg Toe Touch Alternating Legs/Arms			
Two 1 ½" Single Section Hose Step Ups 20reps to 100' Farmers Carry			

\*If needed 1min max rest between each set

**Note:** Your goal is to finish all three sets regardless of how fast you go or what time you complete each set. Workout schedule is to be used as only an aid to help you achieve your goal; results will vary depending on the amount of effort put into your workout.

**Calculate Maximum Heart Rate:** Subtract your age from 220; this method does not take into account your fitness level or health factors, which can make your true maximum heart rate 10 to 20 beats per minute higher or lower than the age-predicted number.

**Determine Resting Heart Rate:** Take your pulse before you get out of bed in the morning. Do this for several days in a row to get a consistent reading.

**Calculate Your Training Heart-Rate Range:** Subtract your hearts resting rate from your maximum rate. For example, if you are 40 years old, subtract that number from 220; your maximum rate is 180. Next, subtract your resting rate, 80 in this example. Your target range is 100 beats per minute which is a cushion available for exercising.

### Training Exercises for each event:

1. Single arm cleans and carry with 45/75lbs- perform exercise 5/10reps walk 20' turn switch arms and perform 5/10reps then walk back to starting line.
2. Sledgehammer Right and Left Side Slams- With a 9.5/10lbs sledgehammer hit a semi-truck tire 10/15reps standing on one side of the tire and striking the tire in a modified low baseball swing hitting square on the sledgehammer and in the middle of the tire tread.
3. Weighted step-ups- Wearing a SCBA pack with a 60min bottle with a 100' of 1 ½" hotel pack will be draped over the SCBA bottle and conduct step ups 30 reps on an 8" step. Dumbbell step-ups with 45lbs dumbbell in each hand and no SCBA pack worn.
4. Weighted drag – A 15' rope/cut 1 ½" hose attached to a standard car/SUV tire and drag 50' and back to starting line. One section of 50' 1 ½" hose capped and water filled dragged 50' then walk back to starting point and pull 50' section back to starting point.
5. 25/35lbs dumbbell double handed chest to overhead press 15reps, 45 lbs bench press bar hold vertical and perform ceiling breach movement 15 reps then switch hand placement.

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