

**TRAINING RECOMMENDATIONS FOR PRE-EMPLOYMENT QUALIFICATION**  
**OCEAN CITY, MARYLAND BEACH PATROL**

**1. Run Training:**

The average rescue intervention, or coverage response (to a neighboring guard involved in an intervention), will require a sprint on land of ~200 meters. Therefore, candidates must be able to demonstrate that they have the physical ability to perform this task in excellent manner consistent with the standards of the OCBP.

Candidates should choose from the appropriate category:

Category	Strong Sprinters	Moderate Sprinters	Weak Sprinters
<b>Defined</b>	<i>Can run 1 lap around a track (1/4 mile) in &lt; 65 seconds.</i>	<i>Can run 1 lap around a track (1/4 mile) in &lt; 85 seconds.</i>	<i>Run 1 lap around a track (1/4 mile) in over 85 seconds.</i>
<b>First Phase: ~ 4+ weeks</b>	Focus on your swimming if necessary. Run track repeats <u>1-2x</u> per week to maintain. Distance should be <u>400-800 meters</u> with a <u>1/1</u> (work/rest) ratio. Total interval distance for workout should be approx. <u>2 miles</u> . <b>See example below.</b>	Run track repeats <u>2-3x</u> per week. Distance should be <u>400-800 meters</u> with a <u>1/1</u> (work/rest) ratio. Total interval distance for workout should be approx. <u>1 mile</u> at start working up to <u>2.5 miles</u> by end of phase.	Run track repeats: <b>Week 1:</b> 1 track workout / week <b>Week 2:</b> 3 track workouts / week <b>Week 3:</b> 2 track workouts / week <b>Remaining weeks:</b> 3 workouts / week. Distance should be <u>400-800 meters</u> with a <u>1/1</u> (work/rest) ratio. Total interval distance for workout should be approx. <u>3/4 mile</u> at start, working up to <u>2.5 miles</u> by end of phase.
<b>Peak Phase: ~3 weeks prior to test</b>	Focus on your swimming if necessary. Run track repeats <u>2x</u> per week. Distance should be <u>100-400 meters</u> with a <u>1/3-5</u> (work/rest) ratio. Total interval distance for workout should be approx. <u>1 mile</u> .	Run track repeats <u>2x</u> per week. Distance should be <u>50 - 400 meters</u> (mix up in workout) with a <u>1/3-5</u> (work/rest) ratio. Total interval distance for workout should be approx. <u>1 mile</u> .	Run track repeats <u>3 x</u> per week. Distance should be <u>50 - 400 meters</u> (mix up in workout) with a <u>1/3-5</u> (work/rest) ratio. Total interval distance for workout should be approx. <u>1 mile</u> .

**Example:**

**First Phase workout for strong sprinter:** *Warm up:* 800 meter jog. *Stretch. Interval Set:* 1) 800 meters on 2:30, rest 2:30; 2) 600 meters on 1:50, rest 1:50; 3) 400 meters on 1:05, rest 1:05; 4) 400 meters on 1:05, rest 1:05; 5) 600 meters on 1:50, rest 1:50; 6) 800 meters on 2:30. *Cool Down:* 400 meter jog

## 2. Swim Training

The average rescue intervention will require a swim sprint of approximately 50 yards out. However, the swim interventions are usually repeated several times within a short period of time, therefore candidates should demonstrate efficient swimming when performing an endurance task. The test will require countless swim sprints, and an important ~500 yard ocean swim than needs to be performed in less than 10 minutes.

Category	Strong Swimmers (OCBP Standard)	Moderate Swimmers (OCBP Standard)	Weak Swimmers (OCBP standard)
<b>Defined</b>	Can swim 500 yards in < 6:15.	Can swim 500 yards in < 8:15.	Can swim 500 yards in > 8:15..
<b>First Phase: ~ 4+ weeks</b>	Focus on your running if necessary. Swim at least 2 x per week to maintain your feel for the water and conditioning. Distance of swim intervals should be 200-600 yards. Work/Rest ratio should be 1-2/1 but recovery shouldn't last beyond 4 minutes. You're in good swim shape for this test, bottom line: keep your form.	Perform stroke drills to improve your form (see below). Swim at least 3 x per week. Distance of swim intervals should be 200-400 yards. Work/Rest ratio should be 1-2/1 but recovery shouldn't last beyond 4 minutes. Total workout should be at least 2500 yds (this includes a sufficient warm up and cool down)..	<b>Perform stroke drills to improve your form (see below). Swim at least 4 x per week.</b> <b>Day 1:</b> Continuous swim...concentrate on form and work up to 2000 yards straight. <b>Day 2:</b> Distance of swim intervals should be 150-300 yards. Work/Rest ratio should be 1/1 .Total workout should be at least 2500 yds (this includes a sufficient warm up and cool down). <b>See example below.</b> <b>Day 3:</b> Distance of swim intervals should be 50-200 yards. Work/Rest ratio should be 2/1 .Total workout should be at least 2000 yds (this includes a sufficient warm up and cool down). <b>Day 4:</b> Stroke drills. Learn to get a feel for the water.
<b>Peak Phase: ~3 weeks prior to test</b>	Focus on your running if necessary. Swim at least 2 x per week to maintain your feel for the water and conditioning. Distance of swim intervals should be 100-400 yards. Work/Rest ratio should be 1/1-2 but recovery shouldn't last beyond 4 minutes. Add variety and quality (hard intervals and long rests) to your workouts.	Perform stroke drills to improve your form (see below). Swim at least 3 x per week. Distance of swim intervals should be 50-200 yards. Work/Rest ratio should be 1/2 but recovery shouldn't last beyond 4 minutes. Total workout should be at least 3000 yds (this includes a sufficient warm up and cool down).	<b>Perform stroke drills to improve your form (see below). Swim at least 4 x per week.</b> <b>Day 1:</b> Intervals with short rest: Main set should include a series of 50 yard intervals with a rest of ~15 seconds. Try to maintain efficient form. Distance of set should be at least 1000 yards. <b>Day 2:</b> Distance of swim intervals should be 150-300 yards. Work/Rest ratio should be 1/2 .Total workout should be at least 2000 yds (this includes a sufficient warm up and cool down). <i>Intervals should be intense and high quality with long rests.</i> <b>Day 3:</b> Distance of swim intervals should be 200-300 yards. Work/Rest ratio should be 1/1 .Total workout should be at least 3000 yds (this includes a sufficient warm up and cool down). <b>Day 4:</b> Stroke drills. Keep up your stroke efficiency.

### Examples of stroke drills:

**Catch Up Stroke:** (To improve stream lining, timing of kick and stroke, catch and pull), as one hand enters the water, keep it extended in front of your head until your other arm enters and catches up to it. Ensure this by touching thumbs of each hand together and repeat with your other arm. Do this drill often, but remember it is a drill. Do not use this technique when swimming normally...you should begin to pull the extended arm just prior to your other arm entering the water.

**Kick and Roll:** (To improve head and body positioning), with your right hand extended in front of you and your left hand extended along your left hip side, push your head deep in the water and look down at the bottom of the pull while your kicking. While still on your right side, turn your head and look up at the surface of the water to ensure that your head is fully submerged. Look back at the bottom of the pool, stroke through and roll your hips and your body onto your left side and breathe. Repeat the cycle now on your left side.

**Finger-Tip Drill:** (To keep elbows high, improve hand entry, and arm recovery; overall improvement of the above water stroke), Swim normally or do this while performing the catch up drill just drag your fingers along the surface of the water from your hips all the way up to ~10 inches in front of your head then enter your hand. Perform this during the recovery stage of each stroke.

**Example of a Workout for a beginner during the first phase:**

**DAY 2: Warm up:** 150 catch up stroke, 150 kick and roll, 100 fingertip drill, 100 free.

**Main set:** Swim Free 3 x [200 yds takes you 3:15, so rest 3:15 (so leave on every 6:30)]

Swim Free 2 x 300 *hard* if it takes you 5 minutes rest 5 minutes and repeat.

Swim Free 2 x 150 *hard* if it takes you 2:30, rest 2:30 and repeat.

**Cool Down:** 5 x (50 catch up, back stroke 25, breast stroke 25) easy.

**3. Resistance Training**

Strength is important to the OCBP surf rescue technician for many obvious reasons. For example, extracting a unconscious or spinal injured victim from the surf, dragging your beach patrol stand, pulling a rescue reel (land line) from the beach, and fighting rough surf, all require great amounts of strength on behalf of the surf rescue technician.

**Resistance Training**

**Do 2 Times Per Week, (Non-Consecutive Days)**

*Find a weight that you can do for a maximum of 8-10 times, work up to 3 sets of 8-10 reps for ALL.*

<b>Movement (Exercise)</b>	<b>Description</b>	<b>SRT Specific</b>
<i>Barbell Squat</i>	Retract Abdomen, keep knee ~over toes, not past.	Stand Drag/ Sand Sprint
<i>Cable or Dumbbell Lunge</i>	Grasp Cable with extended arms and stand on 1 leg, lunge hips toward floor and come back up. Knee in line with toes. Keep naval in towards spine.	Spinal Victim Carry Retrieval Method
<i>ALT Lat Pulldown</i>	Pull cable down toward chest 1 arm at a time	Swim/Paddle Pull
<i>Dumbbell Bent Row</i>	Retract abdomen, staggered stance, shoulders back and retracted, lower dumbbell to floor and back.	Swim/Paddle Pull
<i>Supine Cable Pullover</i>	Lie on stability ball or bench, pull cable over chest toward hips, one arm at a time.	Swim/Paddle Pull
<i>Cable Cross Chest Fly</i>	Staggered stance, horizontally pull cable handles together in front of chest.	Anterior Strength
<i>Stability Ball Push Ups</i>	Put each hand on a stability ball, retract abdomen, and do push ups. Or do normal push ups (beginner)	Shoulder Girdle and Core Stability; Chest Strength
<i>Dumbbell Lateral Raises</i>	Stand on 1 leg (add balance component) and raise dumbbells from hips to in line with shoulders. Do not sway body or use too heavy of a resistance.	Shoulder Strength and Muscular Balance
<i>Cable Reverse Fly</i>	Grasp cables with opposite hands and do reverse of chest fly.	Posterior Strength, Posture, Shoulder ROM
<i>Core 1: Barbell Dead Lift</i>	*Ger C.P.T. to supervise first time. Retract abdomen, straight arms close to knee. Squat down and use <b>legs</b> and low back to stand with bar. Do not use heavy weights unless VERY experienced at performing this.	Total Body Strength, low back strength for victim carries, and stand dragging.
<i>Core 2: Hanging Leg Raise</i>	Hang from pull up bar. Keep legs straight in pike position. Retract abs and lift legs up and back down.	Core strength, body position (swim), upper body power transfer (run)
<i>Core3: Horizontal Axe Chop</i>	Use medicine ball or cable. Arms straight, abs tight, rotate across hips (spinal rotation).	Core strength, trunk rotation (swim)

