



**Inextremis  
Performance**

# **Tactical Performance Lab**

**September 23 – 25, 2024 (3 days) | \$800  
Tumwater, Washington**

**Sign up:**

[https://www.inextremis.us/product/9-23-24-tactical-performance-lab-tumwater-washington/64?cp=true&sa=false&sbp=false&q=false&category\\_id=2](https://www.inextremis.us/product/9-23-24-tactical-performance-lab-tumwater-washington/64?cp=true&sa=false&sbp=false&q=false&category_id=2)

**Host Agency:**

**Tumwater Police Department**

**Agency Contact:**

**Officer Jacob Rodriguez**

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## **Overview:**

The Tactical Performance Lab is a course meant to assess officers' physical and **pistol and rifle shooting** capabilities objectively. This will NOT be a smoke session but will have job-specific tests to identify weaknesses, and highlight proficiencies. The class will teach officers how to train with purpose, similar to a professional athlete while focusing on the specific job requirements of a SWAT operator, both shooting and fitness related.

**This course will test your physical and shooting capabilities.**

## **Objectives:**

The class will teach officers how to train with purpose, similar to a professional athlete, while focusing on the specific job requirements of a SWAT operator. Additionally, the class will teach how to effectively operate **firearms** with a high degree of speed AND accuracy. We will push the limits and find where you can truly operate the firearm, especially while moving, or after sprinting to a position.

## **Topics Covered:**

- Identify job-specific fitness components for LE
- How to specialize your fitness for LE
- How Fitness Impacts Job Performance in LE
- How fitness impacts shooting and tactics
- How to implement fitness into shooting
- How to increase the performance of dynamic shooting
- How to build a progression of dynamic shooting