Rob Allen graduated from Beloit College in 1984 with a Bachelor's Degree in Sociology. After graduating, he worked in Loss Prevention and Risk Management jobs with Carlson Companies, the Minnesota Twins and the Minnesota North Stars. In 1989, he left private industry and joined the Minneapolis Police Department. He has been involved in patrol work, community policing, investigations, instructing bike patrol officers, and research and development. A graduate of the Senior Management Institute for Police and the Southern Police Institute (SPI) at the University of Louisville, Deputy Chief Allen teaches courses in "Strategic Management" and "Critical Incident Management" for SPI. He is currently completing a Masters Degree in Homeland Security at the Center for Homeland Defense and Security at the United States Naval Postgraduate School.

In 1997, he was assigned to develop a citywide crime reduction strategy called CODEFOR, based on the principles of New York City Police Department's COMSTAT philosophy. CODEFOR was credited with a 35 percent reduction in Part I Crime in Minneapolis within its first five years, and remains in use as Minneapolis's primary strategy to reduce crime. As a precinct commander, he developed a partnership with the downtown business community called SafeZone. Based on successful retail crime initiatives in Great Britain, SafeZone ties a closed circuit video camera system with an infrastructure that allows businesses to share crime reduction and intelligence information through a radio system, website and regular meetings. SafeZone has been awarded the 2006 ITT/IACP community policing award for communities over 250,000. He also led the planning team for Minneapolis' role in the 2008 Republican National Convention, and served as the Incident Commander for the I-35W bridge collapse in August 2007.

After leaving the Minneapolis Police Department in February 2013, Allen joined the Ramsey County Sheriff's Office as Director of Planning and Policy Analysis, where he will be working on a wide range of projects including streamlining intelligence sharing within the agency and with partners throughout the Twin cities area, assisting the agency's Office of Information Technology as they develop a county-wide records management platform, and coordinating emergency notification systems both internally and for the citizens of our county.