

National Rowing Centre of Excellence Benchmarks (page 1)



Laboratory Tests			Heavyweight Men				Lightweight Men			Heavyweight Women				Lightweight Women		
			Junior	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A	Junior	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A
Laboratory Tests	Sum of 7 skinfold (mm)	Healthy performance range (min)	N/A	50	50	45	38	38	34	N/A	70	70	65	47	47	43
		Healthy performance range (max)	N/A		55	52		42	40	N/A		80	75		55	52
	VO ₂ max (L/min)	Age Group, Sen A 2011, 2012	N/A	5.90	6.20	6.50	5.20	5.50	6.00	N/A	4.00	4.25	4.60	3.40	3.80	4.10
		Senior A 2009, 2010				6.20			5.60				4.25			3.80
	LT2 Power (W)	Age Group, Sen A 2011, 2012	N/A	350	370	390	300	320	335	N/A	235	250	265	200	220	240
Senior A 2009, 2010					370			320				245			220	
Step 7 Distance (m)	Age Group, Sen A 2011, 2012	N/A	1300	1330	1380	1260	1280	1300	N/A	1160	1180	1200	1085	1120	1140	
	Senior A 2009, 2010				1330			1280				1180			1120	

Ergometer Test Battery			Heavyweight Men				Lightweight Men			Heavyweight Women				Lightweight Women		
			Junior	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A	Junior	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A
Ergometer Test Battery	Standing 100m	Age Group, Sen A 2011, 2012	00:14.6	00:14.1	00:13.7	00:13.2	00:15.9	00:15.2	00:14.6	00:17.2	00:16.7	00:16.3	00:15.9	00:18.4	00:17.8	00:17.2
		Senior A 2009, 2010				00:13.6			00:15.1				00:16.2			00:17.7
	Standing 500m	Age Group, Sen A 2011, 2012	01:18.0	01:17.0	01:16.0	01:15.0	01:27.0	01:25.0	01:22.0	01:32.1	01:31.1	01:30.1	01:29.0	01:37.1	01:36.0	01:35.0
		Senior A 2009, 2010				01:17.2			01:24.5				01:31.7			01:37.8
	2000m erg	Age Group, Sen A 2011, 2012	06:10.6	06:00.2	05:53.2	05:48.0	06:20.9	06:13.5	06:08.0	07:06.0	06:54.0	06:46.0	06:40.0	07:14.7	07:06.3	07:00.0
Senior A 2009, 2010					05:53.0			06:13.0				06:46.0			07:06.0	
6000m erg	Age Group, Sen A 2011, 2012	20:08.8	19:34.7	19:12.0	18:55.0	20:26.5	20:02.8	19:45.0	22:32.5	21:54.5	21:29.0	21:10.0	22:46.2	22:19.8	22:00.0	
	Senior A 2009, 2010				19:12.0			20:02.8				21:29.0			22:19.8	
30 minute erg (20 s/m)	Age Group, Sen A 2011, 2012	8500	8700	8900	9200	8200	8400	8550	7800	8000	8200	8400	7400	7600	7800	
	Senior A 2009, 2010				9000			8450				8250			7650	

Strength & Conditioning Targets	Squat (3RM)	Body weight*	Squat Body weight*	80 – 95% of Sen A	140kg	Body weight*	80 – 95% of Sen A	120kg	Body weight*	Squat Body weight*	80 – 95% of Sen A	105kg	Body weight*	80 – 95% of Sen A	90kg
	Pull (3RM)	75% of Body weight*	75% of Body weight*	80 – 95% of Sen A	100kg	75% of Body weight*	80 – 95% of Sen A	75kg	75% of Body weight*	75% of Body weight*	80 – 95% of Sen A	75kg	75% of Body weight*	80 – 95% of Sen A	60kg
	Clean (1RM)	Body weight*	Clean Body weight*	80 – 95% of Sen A	110kg	Body weight*	80 – 95% of Sen A	90kg	Body weight*	Clean Body weight*	80 – 95% of Sen A	75kg	Body weight*	80 – 95% of Sen A	60kg
	Bench Press (3RM)	75% of Body weight*	75% of Body weight*	80 – 95% of Sen A	95kg	75% of Body weight*	80 – 95% of Sen A	70kg	75% of Body weight*	75% of Body weight*	80 – 95% of Sen A	65kg	75% of Body weight*	80 – 95% of Sen A	50kg

*Technical proficiency achieved before attempting any exercise.

N/A = not applicable

National Rowing Centre of Excellence Benchmarks (page 2)



			Adaptive Men			Adaptive Women		
			Arms Only	Trunk & Arms	Legs, Trunk, & Arms	Arms Only	Trunk & Arms	Legs, Trunk, & Arms
Ergometer Test Battery	Standing 100m	Senior A	00:21.0	00:19.0	00:17.0	00:24.0	00:20.0	00:19.0
	Standing 250m	Senior A	00:55.0	00:50.0	00:45.0	01:05.0	00:53.0	00:50.0
	1000m	Senior A	04:06.0	03:32.0	03:09.0	04:45.0	03:54.0	03:29.0
	3000m	Senior A	13:11.0	11:25.0	10:11.0	15:20.0	12:34.0	11:16.0
	30 minute erg (20 s/m TA & LTA, 26 s/m A1x)	Senior A	6000	6670	7965	5450	6430	7085
Adaptive Strength & Conditioning Targets	Leg Press (3RM)		N/A	N/A	TBC	N/A	N/A	TBC
	Bench Pull (3RM)		TBC	TBC	TBC	TBC	TBC	TBC
	Bench Press (3RM)		TBC	TBC	TBC	TBC	TBC	TBC

N/A = not applicable

On-Water Prognostic Times

	Boat Classes	HW Men	LW Men	HW Women	LW women	
		Single Scull	06:33.35	06:47.82	07:07.71	07:28.15
Double Scull	06:03.25	06:10.02	06:38.78	06:49.77		
Quad Scull	05:36.20	05:45.18	06:10.80	06:23.96		
Coxless Pair	06:14.27	06:26.61	06:53.80	N/A		
Coxless Four	05:41.35	05:45.60	06:25.35	N/A		
Eight	05:19.85	05:30.24	05:55.50	N/A		
Coxed Pair	06:42.16	N/A	N/A	N/A		
Coxed Four	05:58.96	N/A	N/A	N/A		
Adaptive - Boat Classes						
On-Water Prognostic Times (Senior A World Best Times) ** / ***	AM1x	04:51.48				
	AW1x	05:25.17				
	TA2x	04:03.96				
	LTA4+	03:25.33				
	Calculated Prognostics	TAM1x	04:18.00			
		TAW1x	04:28.00			
		LTAM1x	03:41.00			
		LTAW1x	03:55.00			

** All age groups will be measured against Senior A World Best Times

***Updated Annually at conclusion of Senior A World Championships