

HIGH PERFORMANCE RI NRC NATIONAL BENCHMARKS 2018-2020

		OPEN MEN					LIGHT MEN			OPEN WOMEN					LIGHT WOMEN		
		JUNIOR B	JUNIOR	U21	U23	SA	U21	U23	SA	JUNIOR B	JUNIOR	U21	U23	SA	U21	U23	SA
Lab Testing	TEST	Performance Band															
	Sum of 7 skinfold (mm)	Healthy perf range (min)															
		Healthy perf range (max)															
	VO2peak (l/min)	PRIMARY															
SECONDARY																	
Ergometer Measures	2000m (mm.ss.s)	PRIMARY															
	2000m (watts)	SECONDARY															
	2000m (mm.ss.s)	PRIMARY															
	2000m (watts)	SECONDARY															
	2000m (W/Kg^0.75)	PRIMARY															
	2000m (W/Kg^0.75)	SECONDARY															
	6000m(mm.ss.s)	PRIMARY															
	30mins (m)	SECONDARY															
	30mins (m)	PRIMARY															
	30mins (watts)	SECONDARY															
	30mins (watts)	PRIMARY															
	30mins (w/kg^0.75)	SECONDARY															
Strength and Conditioning targets	Squat (3RM)	Squat Body weight	65-75% of Sen A	75-85% of Sen A	85-95% of Sen A	150kg	75-85% of Sen A	85-95% of Sen A	120kg	Squat Body weight	65-75% of Sen A	75-85% of Sen A	85-95% of Sen A	105kg	75-85% of Sen A	85-95% of Sen A	90kg
	Pull (3RM)	Body Skills	75% of Body weight	85% of Body weight	85-95% of Sen A	105kg	85% of Body weight	85-95% of Sen A	75kg	Body Skills	75% of Body weight	85% of Body weight	85-95% of Sen A	75kg	85% of Body weight	85-95% of Sen A	60kg
	Clean (1RM)	Body Skills	Clean Body weight	75-85% of Sen A	85-95% of Sen A	115kg	75-85% of Sen A	85-95% of Sen A	90kg	Body Skills	Clean Body weight	75-85% of Sen A	85-95% of Sen A	75kg	75-85% of Sen A	85-95% of Sen A	60kg
	Bench Press (3RM)	Body Skills	75% of Body weight	75-85% of Sen A	85-95% of Sen A	95kg	75-85% of Sen A	85-95% of Sen A	70kg	Body Skills	75% of Body weight	75-85% of Sen A	85-95% of Sen A	65kg	75-85% of Sen A	85-95% of Sen A	50kg