

HIGH PERFORMANCE RI NRC NATIONAL BENCHMARKS 2018-2020

			ADAPTIVE MEN			ADAPTIVE WOMEN		
			ARMS ONLY	TRUNK AND ARMS	LEGS, TRUNK AND ARMS	ARMS ONLY	TRUNK AND ARMS	LEGS, TRUNK AND ARMS
			TEST	CAT				
Ergometer Measures	2000m (mm.ss.s)	SENIOR A	08:22.0	07:26.0	06:28.0	09:40.0	07:58.0	07:10.0
	6000m (mm.ss.s)	SENIOR A	26:37.0	23:05.0	20:37.0	30:55.0	25:23.0	22:47.0
	30mins (m)	SENIOR A	6500	7050	8200	5720	6890	7439
Strength and Conditioning targets	Leg Press (3RM)	SENIOR A	N/A	N/A	250kg	N/A	N/A	200kg
	Pull (3RM)	SENIOR A	95kg	95kg	95kg	60kg	60kg	60kg
	Bench Press (3RM)	SENIOR A	90kg	90kg	90kg	50kg	50kg	50kg