

HIGH PERFORMANCE RI NRC NATIONAL BENCHMARKS 2021-2024

TEST		Performance Band		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	Sum of 7 skinfold (mm)	Healthy perf range (min)			50	50	45		38	38	34			70	70	85		47	47	43
		Healthy perf range (max)				55	52			42	40				80	75			55	52
	VO2peak (l/min)	PRIMARY			6.2	6.5	6.9		5.6	6.0	6.2			4.3	4.5	4.8		3.8	4	4.2
		SECONDARY			5.9	6.2	6.6		5.3	5.6	5.9			4.1	4.3	4.5		3.5	3.8	4
Ergometer Measures	2000m (mm.ss.s)	PRIMARY	05:58.0	05:48.0	05:46.0	05:44.0	05:35.0		06:03.0	05:51.0	06:49.0	06:38.0	06:36.0	06:34.0	06:22.0				06:55.0	06:42.0
	2000m (watts)		488	531	541	550	597		469	519	328	355	361	366	402				314	345
	2000m (mm.ss.s)	SECONDARY	06:20.0	06:06.0	06:06.0	06:02.0	05:49.0		06:22.0	06:05.0	07:14.0	06:59.0	06:59.0	06:55.0	06:38.0				07:17.0	06:59.0
	2000m (watts)		408	457	457	472	528		402	461	274	305	305	314	355				269	305
	2000m (W/Kg^0.75)	PRIMARY	16.5	17.9	18.2	18.7	20.1		18.5	20.5	12.7	13.8	14.0	14.2	15.6				14.6	16.0
	2000m (W/Kg^0.75)	SECONDARY	13.8	15.4	15.4	16.1	17.8		15.9	18.3	10.6	11.8	11.8	12.2	13.8				12.5	14.1
	6000m (mm.ss.s)	PRIMARY		18:55.0	18:48.0	18:42.0	18:12.0		19:44.0	19:04.0		21:38.0	21:32.0	21:25.0	20:45.0				22:33.0	21:50.0
		SECONDARY		20:00.0	20:00.0	19:46.0	19:02.0		21:20.0	19:56.0		22:52.0	23:10.0	22:38.0	21:42.0				23:50.0	22:50.0
	30mins (m)	PRIMARY		9310	9365	9420	9670		8930	9230		8150	8180	8230	8480				7810	8060
	30mins (m)	SECONDARY		8800	8800	8900	9245		8430	8820		7700	7680	7770	8105				7380	7700
	30mins (watts)	PRIMARY		388.5	394	402	435		343	378		260	263	268	293				229	252
	30mins (watts)	SECONDARY		328	328	339	380		288	330		220	218	225	256				193	220
	30mins (w/kg^0.75)	PRIMARY		13.1	13.2	13.5	14.7		13.6	15.0		10.1	10.2	10.4	11.4				10.6	10.2
	30mins (w/kg^0.75)	SECONDARY		11.0	11.0	11.4	12.8		11.4	13.1		8.6	8.5	8.7	10.0				8.9	11.7
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			

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TEST		ADAPTIVE MEN			ADAPTIVE WOMEN			
		ARMS ONLY	TRUNK AND ARMS	LEGS, TRUNK AND ARMS	ARMS ONLY	TRUNK AND ARMS	LEGS, TRUNK AND ARMS	
Ergometer Measure	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	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