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Training Standard's

		MEN						
EVENT	Rating (Age)	14	15	16	17	18	Lwt 18	
	Rating (Grade)	D	C	B	A		n/a	
	Rating (sch Yr)	Yr 8	Yr 9	Yr 10	Yr 11	Yr 12		
2 KM Ergometer time	State Champion zone	7:20	7:00	6:40	6:20	6:05	6:40	
	State Finalist	7:30	7:10	6:50	6:30	6:15	6:50	
	Good	7:40	7:20	7:00	6:40	6:25	7:00	
	Fair	7:50	7:30	7:10	6:50	6:35	7:10	
30 min R 20 Ergometer distance	State Champion zone			8100	8300	8500	8100	
	State Finalist			7900	8100	8300	7900	
	Good			7700	7900	8100	7700	
	Fair			7500	7700	7900	7500	
100m Ergometer Av power output watts	State Champion zone	550	600	700	800	900	700	
	State Finalist	500	550	650	750	850	650	
	Good	450	500	600	700	800	600	
	Fair	400	450	550	650	750	550	
500m Ergometer Av power output watts	State Champion zone	378	464	550	635	738	550	
	State Finalist	295	378	464	550	635	464	
	Good	210	295	378	464	550	378	
	Fair	135	210	295	378	464	295	
Core Strength Left and Right Bridge	State Champion zone	1:30	1:30	2:00	3:00	4:00	4:00	
	State Finalist	1:00	1:00	1:30	2:00	3:00	3:00	
	Good	0:45	0:45	1:00	1:30	2:00	2:00	
	Fair	0:30	0:30	0:45	1:00	1:30	1:00	
Core Strength Front Bridge	State Champion zone	2:00	2:00	3:00	4:00	5:00	5:00	
	State Finalist	1:30	1:30	2:00	3:00	4:00	4:00	
	Good	1:00	1:00	1:30	2:00	3:00	3:00	
	Fair	0:45	0:45	1:00	1:30	2:00	2:00	
FLEXIBILITY Hamstring length knee angle	State Champion zone	0	0	0	0	0	0	
	State Finalist	5	5	5	5	5	5	
	Good	10	10	10	10	10	10	
	Fair	20	20	20	20	20	20	
FLEXIBILITY Posture Rating at the catch scale of 1-5	State Champion zone	1	1	1	1	1	1	
	State Finalist	2	2	2	2	2	2	
	Good	3	3	3	3	3	3	
	Fair	4	4	4	4	4	4	
SINGLE SCULL T2 Training speed Stroke rate 18-19	State Champion zone	2:28	2:20	2:16	2:12	2:08	2:14	
	State Finalist	2:31	2:23	2:19	2:15	2:11	2:17	
	Good	2:38	2:30	2:26	2:22	2:18	2:24	
	Fair	2:43	2:35	2:31	2:27	2:23	2:29	
TRAINING VOLUME Sessions per week On Water	State Champion zone	2	2	2	3	4	4	
	State Finalist	2	2	2	3	4	4	
	Good	1	1	1	2	3	3	
	Fair	1	1	1	2	2	2	
TRAINING VOLUME Sessions per week Off Water	State Champion zone	1	2	2	3	3	3	
	State Finalist	1	2	2	3	3	3	
	Good	0	1	1	2	2	2	
	Fair	0	0	1	1	1	1	

		WOMEN						
EVENT	Rating (Age)	14	15	16	17	18	Lwt 18	
	Rating (Grade)	D	C	B	A		n/a	
	Rating (sch Yr)	Yr 8	Yr 9	Yr 10	Yr 11	Yr 12		
2 KM Ergometer time	State Champion zone	8:20	8:00	7:40	7:20	7:05	7:40	
	State Finalist	8:30	8:10	7:50	7:30	7:15	7:50	
	Good	8:40	8:20	8:00	7:40	7:25	8:00	
	Fair	8:50	8:30	8:10	7:50	7:35	8:10	
30 min R 20 Ergometer distance	State Champion zone			7400	7600	7800	7400	
	State Finalist			7200	7400	7500	7200	
	Good			7000	7200	7300	7000	
	Fair			6800	7000	7100	6800	
100m Ergometer Av power output watts	State Champion zone		400	450	500	550	450	
	State Finalist		350	400	450	500	400	
	Good		300	350	400	450	350	
	Fair		250	300	350	400	300	
500m Ergometer Av power output watts	State Champion zone		330	383	435	449	383	
	State Finalist		280	330	383	435	330	
	Good		235	280	330	383	280	
	Fair		200	235	280	330	235	
Core Strength Left and Right Bridge	State Champion zone	1:30	1:30	2:00	3:00	4:00	4:00	
	State Finalist	1:00	1:00	1:30	2:00	3:00	3:00	
	Good	0:45	0:45	1:00	1:30	2:00	2:00	
	Fair	0:30	0:30	0:45	1:00	1:30	1:00	
Core Strength Front Bridge	State Champion zone	2:00	2:00	3:00	4:00	5:00	5:00	
	State Finalist	1:30	1:30	2:00	3:00	4:00	4:00	
	Good	1:00	1:00	1:30	2:00	3:00	3:00	
	Fair	0:45	0:45	1:00	1:30	2:00	2:00	
FLEXIBILITY Hamstring length knee angle	State Champion zone	0	0	0	0	0	0	
	State Finalist	5	5	5	5	5	5	
	Good	10	10	10	10	10	10	
	Fair	20	20	20	20	20	20	
FLEXIBILITY Posture Rating at the catch scale of 1-5	State Champion zone	1	1	1	1	1	1	
	State Finalist	2	2	2	2	2	2	
	Good	3	3	3	3	3	3	
	Fair	4	4	4	4	4	4	
SINGLE SCULL T2 Training speed Stroke rate 18-19	State Champion zone	2:40	2:32	2:28	2:24	2:20	2:28	
	State Finalist	2:43	2:35	2:31	2:27	2:23	2:31	
	Good	2:50	2:42	2:38	2:34	2:30	2:38	
	Fair	2:55	2:47	2:43	2:39	2:35	2:43	
TRAINING VOLUME Sessions per week On Water	State Champion zone	2	2	2	3	4	4	
	State Finalist	2	2	2	3	4	4	
	Good	1	1	1	2	3	3	
	Fair	1	1	1	2	2	2	
TRAINING VOLUME Sessions per week Off Water	State Champion zone	1	2	2	3	3	3	
	State Finalist	1	2	2	3	3	3	
	Good	0	1	1	2	2	2	
	Fair	0	0	1	1	1	1	

* Adapted from the Rowing Australia NEDP standards Framework