

NSW "BLUE SQUAD" PERFORMANCE BENCHMARKS

AGE 16-21 years old rowers

Guide for Coaches - Where your athletes should be during the rowing season

TEST	MARCH	APRIL	P R E P A R A T I O N P E R I O D	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	
Ergometer - Concept											
MALE AGE 17-21 Y.O.					→						
6000m @ R: 24					21:36:00	21:24:00	21:12:00	21:00:00	20:48:00	20:36:00	21:00.0-20:24.0
Ave/500m / 6000m					01:48:00	01:47:00	01:46:00	01:45:00	01:44:00	01:43:00	
2000m @ R 24					06:50:00	06:45:00	06:40:00	06:35:00	06:25.0-06:45.0		
2000m @ Free Rate (max)	06:10.0-06:26.0										
TIP MALE AGE 16-17 Y.O.											
2000m @ R 24					07:00:00	06:55:00	06:50:00	06:45:00	06:35.0-06:55.0		
FEMALE 17-21 Y.O.											
6000m @ R: 24					24:12:00	24:00:00	23:48:00	23:36:00	23:24:00	23:12:00	23:36.0-23:04.0
Ave/500m / 6000m					02:01:00	02:00:00	01:59:00	01:58:00	01:57:00	01:56:00	
2000m @ R 24					08:05:00	07:55:00	07:45:00	07:35:00	07:20.0-07:35.0		
2000m @ Free Rate (max)	07:05.0-07:25.0										
TIP FEMALE 16-17 Y.O.											
2000m @ R 24					08:15:00	08:05:00	07:55:00	07:45:00	07:30.0-07:45.0		
Boat Performance											
National Championships 2000m (selected event)	92% and above										
Head of the River 2000m (selected event)		90% -95% prog			→						
NSW Time Trials 5000m small boat							80%-90% prog	80%-90% prog	82%-90% prog	85%-90% prog	