

Rowing Australia Benchmarks

Physiological Targets			Beach Sprint Male		Beach Sprint Female	
			U19	Senior A	U19	Senior A
	Drag Factor		120	140	100	120
	500m (mm:ss.s)	Aspirational	1:13.5	1:09.8	1:25.3	1:24.5
	500m (W)	Aspirational	882	1029	564	580
	60m Spint (ss.s)	Aspirational	6.90	6.80	7.50	7.40