

# Rowing Australia Pathways Benchmarks

Rowing Australia is proud to welcome Hancock Prospecting and the Georgina Hope Foundation as the Principal Partners of Rowing Australia and the Australian Rowing Team until 2020.

		Heavyweight Men				Lightweight Men			Heavyweight Women				Lightweight Women			
		Junior	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A	Junior	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A	
Laboratory Targets	Sum of 7 skinfold (mm) Body composition is not a rowing performance measure. Numbers represent normative ranges for each category	Healthy performance range (min)	N/A	50	50	35	38	38	30	N/A	60	60	55	47	47	43
		Healthy performance range (max)	N/A		55	45		42	40			100	75		55	60
	4 min Max (m)	Primary	1300	1336	1363	1390	1240	1273	1307	1112	1139	1166	1210	1089	1114	1140
		Secondary	1259	1300	1336	1363	1209	1240	1273	1087	1112	1139	1166	1065	1089	1114
	4 min Max (W)	Primary	445	483	512	544	386	417	452	279	299	321	359	262	280	300
		Secondary	404	445	483	512	358	386	417	260	279	299	321	245	262	280
	2mmol/L Power (W)	Primary				330			300				235			215
4mmol/L Power (W)	Primary				390			370				275			255	
VO <sub>2</sub> peak (L/min)	Aspirational	N/A	6.20	6.50	6.80	5.65	6.00	6.20	N/A	4.30	4.50	4.80	3.80	4.00	4.20	
	Lower Expectation	N/A	5.90	6.20	6.50	5.30	5.65	6.00	N/A	4.10	4.30	4.50	3.50	3.80	4.00	
Ergometer Targets (mm:ss.s, watts)	Drag Factor	Mandatory	125	130			125		100	110			100			
	2000m (mm:ss.s)	Aspirational	06:08.0	06:00.0	05:58.0	05:48.0	06:25.0	06:20.0	06:10.0	07:05.0	07:00.0	06:55.0	06:40.0	07:25.0	07:20.0	07:05.0
		Lower Expectation	06:20.0	06:10.0	06:05.0	05:55.0	06:35.0	06:30.0	06:20.0	07:15.0	07:10.0	07:05.0	06:55.0	07:35.0	07:30.0	07:15.0
	2000m (W)	Aspirational	449	480	488	532	393	408	442	292	302	313	350	254	263	292
		Lower Expectation	408	442	461	501	363	378	408	272	282	292	313	238	246	272
	5000m (mm:ss.s)	Aspirational	16:24.0	16:13.0	15:57.0	15:30.0	17:20.5	17:07.0	16:25.0	18:40.0	18:25.3	18:12.0	17:41.0	19:31.1	19:18.0	18:40.0
		Lower Expectation	16:56.0	16:40.0	16:15.7	15:48.7	17:47.6	17:34.1	16:51.6	19:06.3	18:51.6	18:38.3	18:20.8	19:57.4	19:44.3	19:06.4
	5000m (W)	Aspirational	367	380	399	435	311	323	366	249	259	269	293	218	225	249
		Lower Expectation	334	350	377	410	288	299	338	232	242	250	262	204	211	232
	30 min R <sub>open</sub> (m)	Aspirational	8950	9140	9300	9525	8550	8680	9045	7950	8100	8200	8400	7595	7767	7950
		Lower Expectation	8667	8893	9122	9337	8334	8457	8807	7767	7912	8007	8096	7428	7595	7767
	30 min R <sub>open</sub> (W)	Aspirational	344	367	386	415	300	314	355	241	255	265	285	210	225	241
Lower Expectation		313	338	364	391	278	290	328	225	238	246	255	197	210	225	
30 min R <sub>20</sub> (m)	Aspirational	8500	8700	8900	9200	8200	8400	8550	7700	7875	7975	8200	7400	7600	7800	
	Lower Expectation															
30 min R <sub>20</sub> (W)	Aspirational	295	316	338	374	265	285	300	219	234	244	265	195	211	228	
	Lower Expectation															
Biomechanic Targets	Stroke Length (deg)	Sweep			88° - 90°		86° - 88°					>90°				
		Scull			108° - 110°		106° - 108°					>110°			>106°	
	Catch Angle (deg)	Sweep			-59° ± 1°		-57° ± 1°					-57° ± 1°				
		Scull			-69° ± 1°		-67° ± 1°					-67° ± 1°			-63° ± 1°	
Finish Angle (deg)	Sweep			33° ± 1°		33° ± 1°					33° ± 1°					
	Scull			43° ± 1°		43° ± 1°					43° ± 1°			43° ± 1°		
Catch/Finish Slip (deg)	Sweep			4° / 6°		4° / 6°					4° / 6°					
	Scull			4° / 6°		4° / 6°					4° / 6°			4° / 6°		
Strength & Conditioning Targets	Squat (1RM)	Aspirational	Body weight*	Squat Body weight*	80 - 95% of Sen A	150kg	Body weight*	80 - 95% of Sen A	130kg	Technical Competence with 90% of Body weight	65-80% of Sen A (75-92kg)	80 - 95% of Sen A (92-109kg)	115kg	65-80% of Sen A (65-80kg)	80 - 95% of Sen A (80-95kg)	100kg
	Bench Pull (1RM)	Aspirational	75% of Body weight*	75% of Body weight*	80 - 95% of Sen A	105kg	75% of Body weight*	80 - 95% of Sen A	80kg	60-70% of Sen A (46-54kg)	70-80% of Sen A (54-62kg)	80 - 95% of Sen A (62-74kg)	77.5kg	70-80% of Sen A (45-52kg)	80 - 95% of Sen A (52-62kg)	65kg
	Clean (1RM)	Aspirational	Body weight*	Clean Body weight*	80 - 95% of Sen A	115kg	Body weight*	80 - 95% of Sen A	95kg	Technical Competence	65-80% of Sen A (52kg-64kg)	80 - 95% of Sen A (64-76kg)	80kg	65-80% of Sen A (41-50kg)	80 - 95% of Sen A (50-59kg)	62.5kg
	Dead Lift (1RM)	Aspirational			80 - 95% of Sen A	165kg		80 - 95% of Sen A	140kg	Technical Competence with Body weight	65-80% of Sen A (84.5-104kg)	80 - 95% of Sen A (104-124kg)	130kg	65-80% of Sen A (68-84kg)	80 - 95% of Sen A (84-100kg)	105kg
	Pull / Chin Ups (1RM)	Aspirational			80 - 95% of Sen A	35kg		80 - 95% of Sen A	35kg	1 Body weight Pull Up	5 reps - body weight	8 reps body weight	17.5kg*	8 reps - body weight	12 reps body weight	17.5kg*
	Bench Press (1RM)	Aspirational	75% of Body weight*	75% of Body weight*	80 - 95% of Sen A	100kg	75% of Body weight*	80 - 95% of Sen A	75kg	60-75% of Senior A (36-45kg)	75-85% of Sen A (45-57kg)	85 - 95% of Sen A (51-57kg)	60kg	75-85% of Sen A (37.5-42.5kg)	85 - 95% of Sen A (42.5-47.5kg)	50kg