

Strength Conditioning Benchmarks for SSA National Team Members (Alpine, Ski X)

TEST	MEASURE	U14		U16		U18		Age >18	
		Male	Female	Male	Female	Male	Female	Male	Female
5 STAGE ABS (CH)	STAGE	4	4						
7 STAGE ABS (U16-open)	STAGE			5	5	6	6	6	6
MAX PUSH UP 60sec	NUMBER	20	13	30	15	36	17	40	21
3 RM MAX BENCH	% BODY WEIGHT					>0.75 BW	>0.75BW	>0.95 BW*	>0.94 BW*
3 RM MAX SQUAT	% BODY WEIGHT					0.75BW	0.55BW	>1.0 BW*	0.95BW*
MAX SINGLE LEG SQUATS (pistol)	NUMBER	5+	5+	9+	9+	16+	13+	20+	17+
MAX CHINS	NUMBER	5+	3+	7+	4+	9+	6+	10+	7+
VERT JUMP BOTH LEGS	CENTIMETRES	>33	>30	>39	>35	>45	>40	>56	>46
STANDING LONG JUMP	METER	>2.10	>1.90	>2.35	>2.10	>2.40	>2.20	>2.50	>2.25
PENTA JUMP BOTH LEGS	METER	>9.40	>8.8	>10.2	>9.2	>10.5	>9.8	>11.0	>10.3
ILLINOIS AGILITY RUN	SECONDS	<18.7	<18.4	<17.5	<18.1	<17.1	<17.5	<16.4	<17.3
40M SPRINT	SECONDS	<6.79	<6.79	<6.49	<6.49	<6.19	<6.29	<5.99	<6.09
BOX JUMP: 90 SEC (40cm height)	NUMBER OF TOUCHES			>65	>60	>70	>65	>75	>70
BOX JUMP: 60 SEC (30cm height)	NUMBER OF TOUCHES	>57	>57						
12min Cooper running test	METER	>2300	>2050	>2500	>2300	>2600	>2450	>3000	>2750
20M SHUTTLE (BLEEP V02 TEST)	STAGE/LEVEL	>8.5/41.2	>6.4.5/34.2	>9.4/45	>8.7/41.8	>9.8/46.9	9.6/45.0	>12.8/56	>10.1/46.9

Note: Consideration for VO2max either Cooper run or Shuttle run test.

Note: Tests highlighted in red must be completed in order to compete in international races such as (FIS, CC, WC, World Championships, Olympic games, International Children Championships -as part of the Australian National Team)

* Please refer to normative data under 3RM Max Squat, and 3 RM Max Bench Press

Reasoning: If the higlighted test can not be completed due to injury, pain, discomfort, inability or ignorance, the risk of injuring on the hill is too great. As a result athletes must therefore engage in aproprate rehab, re-conditioning etc to be able to be accepted in above listed comps.

