



Rowing Canada Aviron Ergometer Performance Targets

Developed by Rowing Canada Aviron,
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Updates in this version include:

1) Adjusted 60 minute standards. After ongoing input and consultation with RCA's Sport Scientists and IST it has been determined that the previously posted standards were set too low. The impact of the lower numbers negatively affects physiological assessments and does not allow for accurate individualization and customization of training programs. This change will be effective immediately .

Ergometer Performance Levels:

		WOMEN																								
		JR WOMEN					HWT U23 WOMEN					HWT SR WOMEN					LWT U23 WOMEN					LWT SR WOMEN				
		CE	TDC	NDC	NTC	Target	CE	TDC	NDC	NTC	Target	CE	TDC	NDC	NTC	Target	CE	TDC	NDC	NTC	Target	CE	TDC	NDC	NTC	Target
PEAK POWER (MDF)	(time/500m)	01:31.9	01:28.7	01:26.5	01:25.1	01:24.4	01:29.2	01:26.2	01:24.0	01:22.7	01:22.0	01:26.6	01:23.6	01:21.5	01:20.2	01:19.5	01:32.6	01:29.5	01:27.2	01:25.8	01:25.1	01:30.8	01:27.7	01:25.4	01:24.1	01:23.4
	(watts)	451	501	541	568	581	493	547	591	620	635	540	600	648	679	696	441	489	528	554	568	468	520	561	589	603
PEAK POWER (TDF)	(time/500m)	01:36.7	01:33.4	01:31.0	01:29.6	01:28.9	01:33.9	01:30.7	01:28.4	01:27.0	01:26.3	01:31.1	01:28.0	01:25.8	01:24.4	01:23.7	01:37.5	01:34.2	01:31.8	01:30.3	01:29.6	01:35.6	01:32.3	01:29.9	01:28.5	01:27.8
	(watts)	387	430	464	487	498	422	469	507	531	544	463	514	555	582	596	378	419	453	475	486	401	446	481	505	517
1 min	(meters)	291.9	302.2	310.1	315.0	317.6	300.5	311.2	319.3	324.4	327.0	309.8	320.8	329.2	334.4	337.1	289.5	299.8	307.6	312.5	315.0	295.4	305.9	313.9	318.9	321.4
	(time/500m)	01:42.8	01:39.3	01:36.8	01:35.2	01:34.5	01:39.8	01:36.4	01:34.0	01:32.5	01:31.7	01:36.8	01:33.5	01:31.1	01:29.7	01:29.0	01:43.6	01:40.1	01:37.5	01:36.0	01:35.2	01:41.5	01:38.1	01:35.6	01:34.1	01:33.3
	(watts)	322	358	387	406	415	352	391	422	443	454	386	428	463	485	497	315	349	377	396	405	334	371	401	421	431
2000m	(time)	07:50.6	07:34.5	07:22.9	07:16.0	07:12.5	07:37.0	07:21.3	07:10.1	07:03.4	07:00.0	07:23.3	07:08.1	06:57.2	06:50.7	06:47.4	07:54.4	07:38.1	07:26.5	07:19.5	07:16.00	07:44.9	07:29.0	07:17.6	07:10.7	07:07.3
	(time/500m)	01:57.7	01:53.6	01:50.8	01:49.0	01:48.1	01:54.3	01:50.3	01:47.5	01:45.9	01:45.0	01:50.8	01:47.0	01:44.3	01:42.7	01:41.9	01:58.6	01:54.5	01:51.6	01:49.9	01:49.0	01:56.2	01:52.3	01:49.4	01:47.7	01:46.8
	(watts)	215	239	258	270	277	235	261	281	295	302	257	286	308	323	331	210	233	252	264	270	223	248	267	280	287
6000m	(time)	25:04.3	24:12.8	23:36.0	23:13.7	23:02.7	24:09.3	23:19.7	22:44.3	22:22.8	22:12.1	23:35.9	22:47.5	22:12.8	21:51.9	21:41.5	25:15.2	24:23.4	23:46.3	23:23.9	23:12.7	24:45.0	23:54.1	23:17.8	22:55.8	22:44.9
	(time/500m)	02:05.2	02:00.9	01:57.8	01:56.0	01:55.1	02:00.6	01:56.5	01:53.5	01:51.7	01:50.9	01:57.8	01:53.8	01:50.9	01:49.2	01:48.3	02:06.1	02:01.8	01:58.7	01:56.8	01:55.9	02:03.6	01:59.4	01:56.3	01:54.5	01:53.6
	(watts)	178	198	214	224	230	200	222	239	251	257	214	238	257	269	276	175	194	209	220	225	185	206	222	233	239
60 minute	(time)	13743	14231	14601	14834	14953	14152	14654	15035	15276	15398	14590	15108	15500	15748	15874	13633	14117	14484	14715	14833	13911	14405	14779	15016	15136
	(time/500m)	02:11.0	02:06.5	02:03.3	02:01.3	02:00.4	02:07.2	02:02.8	01:59.7	01:57.8	01:56.9	02:03.4	01:59.1	01:56.1	01:54.3	01:53.4	02:12.0	02:07.5	02:04.3	02:02.3	02:01.4	02:09.4	02:05.0	02:01.8	01:59.9	01:58.9
	(watts)	156	173	187	196	201	170	189	204	214	219	186	207	224	234	240	152	169	182	191	196	162	179	194	203	208

		MEN																								
		JR MEN					HWT U23 MEN					HWT SR MEN					LWT U23 MEN					LWT SR MEN				
		CE	TDC	NDC	NTC	Target	CE	TDC	NDC	NTC	Target	CE	TDC	NDC	NTC	Target	CE	TDC	NDC	NTC	Target	CE	TDC	NDC	NTC	Target
PEAK POWER (MDF)	(time/500m)	01:17.8	01:15.1	01:13.2	01:12.1	01:11.5	01:16.1	01:13.5	01:11.7	01:10.5	01:10.0	01:13.8	01:11.3	01:09.5	01:08.4	01:07.9	01:18.9	01:16.2	01:14.2	01:13.1	01:12.5	01:17.4	01:14.7	01:12.9	01:11.7	01:11.1
	(watts)	743	825	891	935	957	793	881	951	998	1022	870	966	1043	1094	1120	714	793	856	898	920	755	839	906	950	973
PEAK POWER (TDF)	(time/500m)	01:22.4	01:19.6	01:17.6	01:16.4	01:15.8	01:20.7	01:17.9	01:15.9	01:14.7	01:14.1	01:18.2	01:15.6	01:13.6	01:12.5	01:11.9	01:23.6	01:20.7	01:18.6	01:17.4	01:16.8	01:22.0	01:19.2	01:17.2	01:16.0	01:15.4
	(watts)	625	694	749	786	805	667	741	800	839	859	731	812	877	920	942	600	667	720	755	773	635	705	762	799	818
1 min	(meters)	339.3	351.4	360.5	366.3	369.2	346.8	359.1	368.4	374.3	377.3	357.6	370.3	379.9	386.0	389.1	334.8	346.7	355.7	361.4	364.3	341.2	353.3	362.4	368.2	371.2
	(time/500m)	01:28.4	01:25.4	01:23.2	01:21.9	01:21.3	01:26.5	01:23.5	01:21.4	01:20.1	01:19.5	01:23.9	01:21.0	01:19.0	01:17.7	01:17.1	01:29.6	01:26.5	01:24.3	01:23.0	01:22.3	01:27.9	01:24.9	01:22.8	01:21.5	01:20.8
	(watts)	507	563	608	637	653	541	601	649	680	697	593	658	711	746	764	487	541	584	612	627	515	572	618	648	663
2000m	(time)	06:44.8	06:30.9	06:21.0	06:15.0	06:12.0	06:36.1	06:22.5	06:12.8	06:06.9	06:04.0	06:24.1	06:10.9	06:01.5	05:55.8	05:53.0	06:50.2	06:36.1	06:26.1	06:20.0	06:17.0	06:42.6	06:28.8	06:18.9	06:13.0	06:10.0
	(time/500m)	01:41.2	01:37.7	01:35.3	01:33.8	01:33.0	01:39.0	01:35.6	01:33.2	01:31.7	01:31.0	01:36.0	01:32.7	01:30.4	01:29.0	01:28.3	01:42.6	01:39.0	01:36.5	01:35.0	01:34.3	01:40.7	01:37.2	01:34.7	01:33.3	01:32.5
	(watts)	338	375	405	425	435	361	400	432	453	464	395	439	474	497	509	325	360	389	408	418	343	381	412	432	442
6000m	(time)	21:42.8	20:58.2	20:26.3	20:07.0	19:57.4	21:14.8	20:31.1	19:59.9	19:41.0	19:31.7	20:36.3	19:53.9	19:23.7	19:05.3	18:56.2	22:00.3	21:15.1	20:42.8	20:23.2	20:13.5	21:35.8	20:51.4	20:19.7	20:00.5	19:51.0
	(time/500m)	01:48.6	01:44.8	01:42.2	01:40.6	01:39.8	01:46.2	01:42.6	01:40.0	01:38.4	01:37.6	01:43.0	01:39.5	01:37.0	01:35.4	01:34.7	01:50.0	01:46.3	01:43.6	01:41.9	01:41.1	01:48.0	01:44.3	01:41.6	01:40.0	01:39.2
	(watts)	274	304	328	344	352	292	324	350	367	376	320	356	384	403	412	263	292	315	331	339	278	309	333	350	358
60 minute	(Meters)	15978	16545	16975	17247	17385	16329	16909	17348	17626	17767	16838	17435	17889	18175	18320	15766	16326	16750	17018	17154	16064	16634	17067	17340	17479
	(time/500m)	01:52.7	01:48.8	01:46.0	01:44.4	01:43.5	01:50.2	01:46.5	01:43.8	01:42.1	01:41.3	01:46.9	01:43.2	01:40.6	01:39.0	01:38.3	01:54.2	01:50.3	01:47.5	01:45.8	01:44.9	01:52.1	01:48.2	01:45.5	01:43.8	01:43.0
	(watts)	245	272	294	308	315	261	290	313	329	337	287	318	344	360	369	235	261	282	296	303	249	276	298	313	321

Rowing Canada Aviron's Erg Performance Targets

This document provides an overview of RCA's Ergometer Performance Targets.

The **Ergometer Performance Targets** detailed below outline the **Performance Levels** for the various categories of development stages within the RCA Development Program.

Athletes should be working to achieve the performance targets listed below associated with each specific performance level. Reaching each of the targets in a specific performance level represents a physiologically balanced athlete.

The performance targets are the basis of the RADAR scoring system. The RADAR system allows for a nation-wide comparison of athletes at each of the specific performance levels. Further information on the RADAR program and the benefit of using these tests can be found in RCA's RADAR document.

The following is an overview and definition of the performance levels you will find in the "Ergometer Performance Targets" sheets:

Performance Levels:

CE (Club Elite) – These are the expected performance targets for top level club athletes*.

TDC (Talent development Centre) – These are the expected performance targets for an athlete who wishes to be considered as a Talent Development Centre athlete*.

NDC (National Development Centre) - These are the expected performance targets for an athlete who wishes to be considered as a National Development Centre athlete*.

NTC (National Training Centre) - These are the performance targets for an athlete who wishes to be considered as a National Training Centre athlete*. This also includes JR's and U23's that are interested in being selected to Worlds programs.

Target – this is the performance standard that athletes with the goal of achieving a top three finish at a world championships event should be striving for.

*It is important to note that athletes may still be considered for the above centres even if they don't achieve all of the identified Performance Standards.