

On-water trials			
Onwater Time Trial Protocol - all trials with standing starts - boat must be stationary...trials take place in order as listed	(1) 200m time trial	individual time trial	
	30min recovery		
	(2) 500m time trial	individual time trial but can run up to 3 athletes of similar ability at the same time but separated by at least one lane - NO WASH RIDING!	
40min recovery			
(3) 1000m time trial	individual time trial but can run up to 3 athletes of similar ability at the same time but separated by at least one lane - NO WASH RIDING!		
STRENGTH TESTING			
Strength testing Protocol - testing takes place in order as listed	(1) Bench Pull	3 Reps Max	Measures upper body maximum strength. Athletes lie face down on a bench, starting with their arms fully extended towards the floor weight should not be touching the floor. Athletes lift a weighted barbell from the starting position until the barbell touches the underside of the bench and then return to the starting position this must be completed 3 times without extended breaks with the maximum weight possible. Legs must not be fixed or locked into the bench/wall in any way and the athletes chin must remain on the bench at all times to avoid any back arching.
	5min recovery		
	(2) Bench Pull	Maximum number of reps in 1 min or until exhaustion 50% of Body Weight (record athletes body weight on record sheet)	Measures upper body strength endurance. Athletes lie face down on a bench, starting with their arms fully extended towards the floor. Athletes repeatedly lift a weighted barbell from the starting hang position until the barbell touches the underside of the bench and then return to the starting position as many times as possible in 1 minute. Legs must not be fixed or locked into the bench/wall in any way and the athletes chin must remain on the bench at all times to avoid any back arching. Weights used must be 50% of body weight (rounded down to the nearest 2.5kg) Rest periods are NOT permitted.
	10min recovery		
(3) Push Ups	Maximum number of reps in 1 min or until exhaustion	Measures upper body strength endurance. Athletes use standard push up position with hands slightly wider than shoulder width, athletes start with arms fully extended then proceed to lower themselves down until elbows are at 90 degrees or less and then return to the starting position with arms fully extended after each rep. Reps should be controlled without jerky movements. Rest periods are NOT permitted.	
10min recovery			
(4) Chin ups	(continuous to exhaustion)	Measures upper body strength endurance. Athletes use an overhand grip to hang from a bar with arms fully extended. Athletes proceed to lift themselves up until their chin reaches over the bar and then return to the starting position with arms fully extended after each rep. Reps should be controlled without jerky, swinging or wrigley movements or lifting of the knees. Rest periods are NOT permitted.	
Running			
800m running time trial Protocol	800m running	2x400m laps of a correctly measured 400m athletics track - athletes aim to complete the distance in the fastest possible time. (small groups)	

Testing period & Key Events	
2018	
October - first 2 weeks	on water, strength and running.....All NTS athletes excluding Olympic Hopes Athletes
December (GP1 period)	Strength and running only for athletes attending GP1....athletes not attending must do onwater testing in addition to strength and running testing
December following GP1	Junior Team Shadow Squad and NTS Camps - refer camp information and camp selection document
2019	
January (NSW State Championships)	Junior Team Shadow Squad Camps - refer camp information and camp selection document (NO TESTING)
February (GP2 period)	Strength and running only for athletes attending GP2....athletes not attending must do onwater testing in addition to strength and running testing
March (National Championships)	All NTS athletes must attend (NO TESTING)
New NTS selected - Junior, Asia Pacific and Olympic Hopes Team selection - refer National Selection Policies	
May - first 2 weeks (Asia Pacific)	Strength and running only for athletes selected in Asia Pacific Team....athletes not selected must do onwater testing in addition to strength and running testing
June - last 2 weeks	on water, strength and running.....All NTS athletes
July (Junior World Championships)	Junior World Championships (NO TESTING)
August - first 2 weeks	on water, strength and running.....All NTS athletes excluding Junior World Championship athletes
September (Olympic Hopes)	Olympic Hopes (NO TESTING)

Notes

- *Trials/testing must be completed during the dates indicated with all NTS squad members in each state/region testing on the same day
- *On-water time trials to be conducted on a accurately measured course - with no tidal or river flow preferably with less than 3m/sec wind assistance
- *All trials are to be conducted with a stationery start - with international starting command ready/set/GO!
- *Trials must be conducted in the correct order as per protocol with the appropriate recovery periods as indicated.
- *Where possible wind speed and direction should be recorded and the 3 distances should be conducted with tail or cross/tail wind assistance. Water conditions must also be recorded (choppy, flat etc.)
- *A nominated coordinator in each state region will be nominated to conduct all trials/ testing and will be required to submit all results on provided excel spread sheet to sent to David Fourer