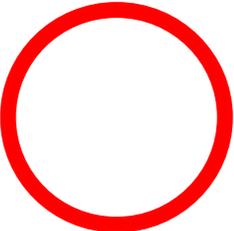


NORDIQ CANADA'S NATIONAL

RUNJUMPPULL

CHALLENGE



1) 1000m run	Purpose:	Equipment Required:	Protocol: see Demo
	To measure aerobic fitness	Flat pavement or running track; not too many curves (avoid sharp turns); stopwatch	-Complete 1000m in the fastest possible time, starting from a still position. -Best to start each participant at 30sec intervals to reflect a purely individual effort and to facilitate timing at finish. -Time is recorded in minutes and seconds when the athlete crosses the line. <i>Reliability: Wind, rain, slippery or uneven surfaces can influence test times.</i>
2) Standing long jump	Purpose:	Equipment Required:	Protocol: see Demo
	To measure the explosive power of the legs	Tape measure, non-slip floor, hard surface. The take off line should be clearly marked.	-Athlete stands behind a line marked on the ground; a two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. -Athlete attempts to jump as far as possible, landing on both feet without falling backwards. -The measurement is taken from the take-off line to the nearest point of contact on the landing (back of the heels). -Athlete can have as many as 3 attempts with the best score being recorded. <i>Reliability: Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched.</i>
3) Pull ups	Purpose:	Equipment Required:	Protocol: see Demo
	To measure the upper body muscle strength	Pull up bar that can easily be grabbed by all size hands; should be high enough for body to hang completely while fully extended	Pronation grip (back of hands facing you); grip a little wider than shoulders to allow 90 degree angle when upper arms are parallel to the ground; no bending or swinging of legs throughout the motion; chin must be raised above the bar with each pull up to score one rep. Count stops with first incomplete pull up.

NB:

- 1- While the 1000m run is likely the most indicative of the three tests, each exercise is considered as a stand alone whereby value should be recognized by the athletes' strengths and encouraged to pursue the targets where they may have a greater challenge.
- 2- Attached below are some initial recommended standards to help athletes establish target goals based on age groups. These will be updated as we receive results from clubs so that we may establish some realistic stretch goals for athletes as well as our expectations as coaches.

****In order for Nordiq Canada to keep National Standards per age updated please email results and specific birth year for each participant. Athletes names will not be published, only individual scores per YOB will be added to the database. Coaches: It is important to explain to athletes that this is an individual test and results should be used to compare individual progress and the effectiveness of prescribed training, as well as for talent ID among non-skiers.**

Targeted standards for 1000m run				
LTAD stage	Female		Male	
L2T-1	8-9 yrs old	4:05		
L2T-2	10 yrs old	4:00	9-10 yrs old	3:50
L2T-2	11 yrs old	3:55	11 yrs old	3:42
T2T-1	12 yrs old	3:50	12 yrs old	3:35
T2T-1	13 yrs old	3:45	13 yrs old	3:30
T2T-2	14 yrs old	3:40	14 yrs old	3:25
T2T-2	15 yrs old	3:35	15 yrs old	3:20
L2C-1	16 yrs old	3:30	16 yrs old	3:15
L2C-1	17 yrs old	3:25	17 yrs old	3:10
L2C-2	18 yrs old	3:20	18 yrs old	3:05
L2C-2	19 yrs old	3:15	19 yrs old	3:00
T2C-1	20-22 yrs old	3:12	20-22 yrs old	2:56
T2C	23 yrs old	3:10	23 yrs old	2:50
T2W	23+ yrs old	3:05	23+ yrs old	2:45

Targeted standards for pull-ups											
Age	11	12	13	14	15	16	17	19	19	20-22	23+
Female	4	5	6	7	8	10	13	16	17	18	20
Male	4	6	8	10	13	16	19	22	25	27	30

*Standards for long jump coming soon! (to be derived from data collected)