

# Snowsport GB Targets

## FitnessTest Matrix - Male

## Children

## 2003/04

10 years (1993)	level	1	2	3	4	5	
	points	2	4	6	8	10	
cooper test	2200	2300	2400	2500	2600	metres	
60 sec box jump	39	42	45	48	51	reps	
5 jump	7.50	8.00	8.50	9.00	9.50	metres	
hurdle agility	44	42	40	38	36	seconds	
points	1	2	3	4	5		
crunch	26	28	30	32	34	reps	
static back up	50	60	70	80	90	seconds	
pull up	3	4	5	6	8	reps	
		11	22	33	44	55	

C1 / 1 Male (1992)	level	1	2	3	4	5	
	points	2	4	6	8	10	
cooper test	2300	2400	2500	2600	2700	metres	
60 sec box jump	44	47	50	53	56	reps	
5 jump	8.00	8.50	9.00	9.50	10.00	metres	
hurdle agility	42	40	38	36	34	seconds	
points	1	2	3	4	5		
crunch	30	32	34	36	38	reps	
static back up	60	70	80	90	100	seconds	
pull up	4	5	6	7	9	reps	
		11	22	33	44	55	

C1 / 2 Male (1991)	level	1	2	3	4	5	
	points	2	4	6	8	10	
cooper test	2400	2500	2600	2700	2800	metres	
60 sec box jump	49	52	55	58	61	reps	
5 jump	8.50	9.00	9.50	10.00	10.50	metres	
hurdle agility	40	38	36	34	32	seconds	
points	1	2	3	4	5		
crunch	33	35	37	39	41	reps	
static back up	65	75	85	95	105	seconds	
pull up	5	6	7	8	10	reps	
		11	22	33	44	55	

C2 / 1 Male (1990)	level	1	2	3	4	5	
	points	2	4	6	8	10	
cooper test	2450	2550	2650	2750	2850	metres	
60 sec box jump	54	57	60	63	66	reps	
5 jump	9.00	9.50	10.00	10.50	11.00	metres	
hurdle agility	38	36	34	32	30	seconds	
points	1	2	3	4	5		
crunch	36	38	40	42	44	reps	
static back up	70	80	90	100	110	seconds	
pull up	6	7	8	9	11	reps	
		11	22	33	44	55	

C2 / 2 Male (1989)	level	1	2	3	4	5	
	points	2	4	6	8	10	
cooper test	2550	2650	2750	2850	2950	metres	
60 sec box jump	59	62	65	68	71	reps	
5 jump	9.50	10.00	10.50	11.00	11.50	metres	
hurdle agility	36	34	32	30	28	seconds	
points	1	2	3	4	5		
crunch	39	41	43	45	47	reps	

static back up	75	85	95	105	115	seconds
pull up	7	8	9	10	12	reps
	11	22	33	44	55	

**Snowsport GB Targets**

**FitnessTest Matrix - Male**

**Junior 1**

**2003/04**

J1 / 1 Male (1988)	level	1	2	3	4	5	
	points	2	4	6	8	10	
	cooper test	2600	2700	2800	2900	3000	metres
	90 sec box jump	70	75	80	85	90	reps
	5 jump	10.75	11.00	11.25	11.50	11.75	metres
	hurdle agility	32	31	30	28	27	seconds
	points	1	2	3	4	5	
	crunch	42	43	45	48	52	reps
	static back up	80	90	100	110	130	seconds
	pull up	8	9	10	11	13	reps
	points	1	2	3	4	5	
	ergo bike rel power	3.2	3.4	3.6	3.8	4	W / bwkg
		12	24	36	48	60	

J1 / 2 Male (1987)	level	1	2	3	4	5	
	points	2	4	6	8	10	
	cooper test	2650	2750	2850	2950	3050	metres
	90 sec box jump	75	80	85	90	95	reps
	5 jump	11.25	11.50	11.75	12.00	12.25	metres
	hurdle agility	31	30	29	27	26	seconds
	points	1	2	3	4	5	
	crunch	44	45	47	50	54	reps
	static back up	90	100	110	120	140	seconds
	pull up	8	9	10	12	14	reps
	points	1	2	3	4	5	
	ergo bike rel power	3.4	3.6	3.8	4	4.2	W / bwkg
		12	24	36	48	60	

**FitnessTest Matrix - Male**

**Junior 2**

**2003/04**

J2 / 1 Male (1986)	level	1	2	3	4	5	
	points	2	4	6	8	10	
	cooper test	2700	2800	2900	3000	3100	metres
	90 sec box jump	84	86	90	95	100	reps
	5 jump	11.75	12.00	12.25	12.50	12.75	metres
	hurdle agility	30	29	28	26	25	seconds
	points	1	2	3	4	5	
	crunch	46	47	49	52	56	reps
	static back up	100	110	120	130	150	seconds
	pull up	8	9	11	13	15	reps
	points	1	2	3	4	5	
	ergo bike rel power	3.70	3.85	4.00	4.15	4.30	W / bwkg
		12	24	36	48	60	

J2 / 2 Male (1985)	level	1	2	3	4	5	
	points	2	4	6	8	10	
	cooper test	2800	2900	3000	3100	3200	metres
	90 sec box jump	86	88	92	97	102	reps
	5 jump	12.25	12.50	12.75	13.00	13.25	metres
	hurdle agility	29	28	27	25	24	seconds
	points	1	2	3	4	5	
	crunch	45	47	50	54	59	reps
	static back up	110	120	130	140	160	seconds
	pull up	8	10	12	14	16	reps
	points	1	2	3	4	5	

	ergo bike rel power	3.80	3.95	4.10	4.25	4.40	W / bwkg
		12	24	36	48	60	

J2 / 3 Male (1984)	level	1	2	3	4	5	
	points	2	4	6	8	10	
	cooper test	2900	3000	3100	3200	3300	metres
	90 sec box jump	88	90	94	99	104	reps
	5 jump	12.75	13.00	13.25	13.50	13.75	metres
	hurdle agility	28	27	26	24	23	seconds
	points	1	2	3	4	5	
	crunch	46	48	51	55	60	reps
	static back up	120	130	140	150	170	seconds
	pull up	9	11	13	15	17	reps
	points	2	3	6	10	15	
	ergo bike rel power	3.90	4.05	4.20	4.35	4.50	W / bwkg
		13	25	39	54	70	

# Snowsport GB Targets

## Fitness Test Matrix - Female

## Children

## 2003/04

10 years (1993)	level	1	2	3	4	5	
	points	2	4	6	8	10	
cooper test	2100	2200	2300	2400	2500	metres	
60 sec box jump	29	32	35	38	41	reps	
5 jump	6.50	7.00	7.50	8.00	8.50	metres	
hurdle agility	46	44	42	40	38	seconds	
points	1	2	3	4	5		
crunch	26	28	30	32	34	reps	
static back up	50	60	70	80	90	seconds	
pull up	1	2	2	3	4	reps	
		11	22	33	44	55	

C1 / 1 Female (1992)	level	1	2	3	4	5	
	points	2	4	6	8	10	
cooper test	2200	2300	2400	2500	2600	metres	
60 sec box jump	33	36	39	42	45	reps	
5 jump	7.00	7.50	8.00	8.50	9.00	metres	
hurdle agility	44	42	40	38	36	seconds	
points	1	2	3	4	5		
crunch	30	32	34	36	38	reps	
static back up	60	70	80	90	100	seconds	
pull up	1	2	2	3	4	reps	
		11	22	33	44	55	

C1 / 2 Female (1991)	level	1	2	3	4	5	
	points	2	4	6	8	10	
cooper test	2300	2400	2500	2600	2700	metres	
60 sec box jump	39	42	45	48	51	reps	
5 jump	7.50	8.00	8.50	9.00	9.50	metres	
hurdle agility	42	40	38	36	34	seconds	
points	1	2	3	4	5		
crunch	33	35	37	39	41	reps	
static back up	65	75	85	95	105	seconds	
pull up	1	2	2	3	4	reps	
		11	22	33	44	55	

C2 / 1 Female (1990)	level	1	2	3	4	5	
	points	2	4	6	8	10	
cooper test	2350	2450	2550	2650	2750	metres	
60 sec box jump	41	44	47	50	53	reps	
5 jump	8.00	8.50	9.00	9.50	10.00	metres	
hurdle agility	40	38	36	34	32	seconds	
points	1	2	3	4	5		
crunch	36	38	40	42	44	reps	
static back up	70	80	90	100	110	seconds	
pull up	1	2	3	4	5	reps	
		11	22	33	44	55	

C2 / 2 Male (1989)	level	1	2	3	4	5	
	points	2	4	6	8	10	
cooper test	2400	2500	2600	2700	2800	metres	
60 sec box jump	45	48	51	54	57	reps	
5 jump	8.50	9.00	9.50	10.00	10.50	metres	
hurdle agility	38	36	34	32	30	seconds	
points	1	2	3	4	5		
crunch	39	41	43	45	47	reps	

static back up	75	85	95	105	115	seconds
pull up	1	2	3	4	5	reps
	11	22	33	44	55	

**Snowsport GB Targets**

**Fitness Test Matrix - Female**

**Junior 1**

**2003/04**

J1 / 1 Female (1988)	level	1	2	3	4	5	
	points	2	4	6	8	10	
	cooper test	2450	2550	2650	2750	2850	metres
	90 sec box jump	50	55	60	65	70	reps
	5 jump	9.75	10.00	10.25	10.50	10.75	metres
	hurdle agility	36	34	32	30	29	seconds
	points	1	2	3	4	5	
	crunch	42	43	45	48	52	reps
	static back up	80	90	100	110	130	seconds
	pull up	2	2	3	4	5	reps
	points	1	2	3	4	5	
	ergo bike rel power	3.1	3.3	3.5	3.7	3.9	W / bwkg
		12	24	36	48	60	

J1 / 2 Female (1987)	level	1	2	3	4	5	
	points	2	4	6	8	10	
	cooper test	2500	2600	2700	2800	2900	metres
	90 sec box jump	55	60	65	70	75	reps
	5 jump	10.00	10.25	10.50	10.75	11.00	metres
	hurdle agility	35	33	31	29	28	seconds
	points	1	2	3	4	5	
	crunch	44	45	47	50	54	reps
	static back up	90	100	110	120	140	seconds
	pull up	2	3	4	5	6	reps
	points	1	2	3	4	5	
	ergo bike rel power	3.3	3.5	3.7	3.9	4.1	W / bwkg
		12	24	36	48	60	

**Fitness Test Matrix - Female**

**Junior 2**

**2003/04**

J2 / 1 Female (1986)	level	1	2	3	4	5	
	points	2	4	6	8	10	
	cooper test	2550	2650	2750	2850	2900	metres
	90 sec box jump	60	65	70	75	82	reps
	5 jump	10.25	10.50	10.75	11.00	11.25	metres
	hurdle agility	34	32	30	28	27	seconds
	points	1	2	3	4	5	
	crunch	46	47	49	52	56	reps
	static back up	100	110	120	130	150	seconds
	pull up	2	3	4	5	6	reps
	points	1	2	3	4	5	
	ergo bike rel power	3.50	3.7	3.90	4.1	4.30	W / bwkg
		12	24	36	48	60	

J2 / 2 Female (1985)	level	1	2	3	4	5	
	points	2	4	6	8	10	
	cooper test	2600	2700	2800	2900	2900	metres
	90 sec box jump	66	71	75	79	84	reps
	5 jump	10.50	10.75	11.00	11.25	11.50	metres
	hurdle agility	33	31	29	27	26	seconds
	points	1	2	3	4	5	
	crunch	45	47	50	54	59	reps
	static back up	110	120	130	140	160	seconds
	pull up	2	3	4	5	6	reps
	points	1	2	3	4	5	

	ergo bike rel power	3.55	3.75	3.95	4.15	4.35	W / bwkg
		12	24	36	48	60	

J2 / 3 Female (1984)	level	1	2	3	4	5	
	points	2	4	6	8	10	
	cooper test	2650	2750	2850	2900	2950	metres
	90 sec box jump	72	75	78	82	85	reps
	5 jump	10.75	11.00	11.25	11.50	11.75	metres
	hurdle agility	32	30	28	26	25	seconds
	points	1	2	3	4	5	
	crunch	46	48	51	55	60	reps
	static back up	120	130	140	150	170	seconds
	pull up	3	4	5	6	7	reps
	points	2	3	6	10	15	
	ergo bike rel power	3.60	3.8	4.00	4.2	4.40	W / bwkg
		13	25	39	54	70	

## Snowsport GB Targets

### FitnessTest Matrix - Male

Senior

2003/04

Senior Male - Ergo test	points	5	10	15	30	55	
	S 1	4.20	4.3	4.40	4.5	4.60	1983
	S 2	4.25	4.35	4.45	4.55	4.65	1982
	S 3	4.30	4.4	4.50	4.6	4.70	1981
	S 4	4.55	4.6	4.65	4.7	4.75	1980
	S 5	4.65	4.7	4.75	4.8	4.85	1979
	S 6	4.70	4.75	4.80	4.85	4.90	1978
	S 7	4.80	4.85	4.90	4.90	4.90	1977
	S 8+	4.90	4.90	4.90	4.90	4.90	1976
male		15	15	15	30	55	

## Snowsport GB Targets

### Fitness Test Matrix - Female

Senior

2003/04

Senior Female - Ergo test	points	5	10	15	30	55	
	S 1	4.05	4.15	4.25	4.35	4.45	1983
	S 2	4.10	4.2	4.30	4.4	4.50	1982
	S 3	4.15	4.25	4.35	4.45	4.55	1981
	S 4	4.40	4.45	4.50	4.55	4.60	1980
	S 5	4.45	4.5	4.55	4.6	4.65	1979
	S 6	4.50	4.55	4.60	4.65	4.70	1978
	S 7	4.55	4.6	4.65	4.70	4.70	1977
	S 8+	4.60	4.65	4.70	4.70	4.70	1976
female		15	15	15	30	55	

### Accumulated Points Scores - Male / Female

Total points	HNGB dev	HNGB b	HNGB a	BSSF	year	
10 y.o.		11	22	33	44	55 1993
C1/1		11	22	33	44	55 1992
C1/2		11	22	33	44	55 1991
C2/1		11	22	33	44	55 1990
C2/2		11	22	33	44	55 1989
J1/1		12	24	36	48	60 1988
J1/2		12	24	36	48	60 1987
J2/1		12	24	36	48	60 1986
J2/2		12	24	36	48	60 1985
J2/3		13	25	39	54	70 1984
Senior		15	15	15	30	55 1983+