



## CANOE KAYAK CANADA TEAM RED SPRINT TESTS

AGE GROUP	AEROBIC CAPACITY		POWER			SEASON BESTS			BALANCE AND AGILITY		STRENGTH AND CONDITIONING					
<b>SENIOR</b>	V02 Max Ergometer	Step Test 4 x 1000m	Acceleration	Max Velocity	Distance Per Stroke	200m	500m	1000m			Bench Pull Power Profile (Watts)	Bench Pull Power Endurance (Watts)	Bench Pull 1 RM	Bench Press 2' (40/55kg)	Bench Press 1 RM	
<b>U18</b>	2KM	6KM	100M	250M	Distance Per Stroke	200m	500m	1000m			1500m Run	Bench Pull 2'		Bench Press 2'		Pulls Ups 1'
<b>U15 (BASE 7)</b>	Beep Test		Standing Long Jump						Lateral Bounds	Shuttle Run	1500m Run	Plank Test 2 x 60"		Max Push Ups		Max Pull Ups