



QUÉBEC
2027
JEUX DU
CANADA
GAMES

Team Nova Scotia CWG 2027 Phase 1 Fitness Benchmarks



Testing / Standard Description	LTAD STAGE				Athletic ability
	Stage 5	Stage 5	Stage 6	Stage 6	
	Train to Compete	Train to Compete	Train to Win	Train to Win	
	Average	Exceptional	Average	Exceptional	
Sled Sprint (100%BW, 10m x2)	25 sec	<20 sec	23 sec	<18 sec	Acceleration / Force
	Power & Explosiveness				
Vertical Jump	35 cm	>40 cm	40 cm	>45 cm	Vertical Power
30-sec Bike Sprint	300m	330m	315m	340m	Anaerobic Power
30-sec Bike Sprint (peak W)	TBD	TBD	TBD	TBD	
	Strength				
Grip Strength	≥50 kg	≥60 kg	≥70 kg	≥80 kg	Strength
Seated Med Ball Throw (3kg)	3.25 m/s	3.75 m/s	3.5 m/s	4.0 m/s	Upper Body Power / Strength
	Mobility & Stability				
Y-Balance Test	Developing	Above norms	Consistent	Elite	Stability / Mobility
	Agility & Change of Direction				
5-10-5 Pro Agility	≤5.6 s	≤5.2 s	≤5.2 s	≤5.0 s	Agility & Change of Dir.