

# Benchmark-Informed Training Decisions

## A Data-Informed Preseason Approach

Alex Natera, PhD, MSc | Manager of Sport Science NSWIS



Quality	Tech-Enabled Assessment Benchmark	Interventions
<p><b>Maximal Strength</b></p>	<p><b>Knee Iso Push</b></p> <p>Male: 4.5 x BW (Meets Criteria) / Female: 4.0 x BW (Meets Criteria)</p> <p>Reduce maximum strengthening to maintenance volumes, transition to explosive strength emphasis.</p>	<ul style="list-style-type: none"> <li><b>Max Strength Training</b> 85-95% 1RM, 1-5 Reps, 2-3 Sets, 1-2x/week</li> <li><b>Eccentric Strength Training</b> 90-140% 1RM, 1-5 Reps, 2-3 Sets, 1-2x/week</li> <li><b>Isometric Strength Training</b> 90-100% MVIC, 3-10s, 1-4 Reps, 3-4 Sets, 2-4x/week</li> </ul>
<p><b>Explosive Strength</b></p>	<p><b>Countermovement Jump</b></p> <p>Male: 55cm (Meets Criteria) / Female: 45cm (Meets Criteria)</p> <p>Reduce volume of impacts from ballistic exercise to prioritize reactive strength.</p>	<ul style="list-style-type: none"> <li><b>Ballistic Strength Training</b> 30-70% 1RM, &lt;5% Power Decrement, 2-4 Sets, 2-3x/week</li> <li><b>Olympic Lifting Training</b> 80-120% 1RM, &lt;5% Power Decrement, 2-4 Sets, 2-3x/week</li> <li><b>Rapid Force Training</b> 100% Rapid Effort, 5-20% RDR, 4-5 Reps, 3-5 Sets, 3-6x/week</li> </ul>
<p><b>Reactive Strength</b></p>	<p><b>Drop Jump (40cm)</b></p> <p>Male: 3.0 RSI (Meets Criteria) / Female: 2.5 RSI (Meets Criteria)</p> <p>Increase strength training for movement transfer, skill development and soft tissue health, <b>establishing symmetry and balance.</b></p>	<ul style="list-style-type: none"> <li><b>Rapid Eccentric Strength Training</b> 50-150% 1RM, 3-6 Reps, 3-5 Sets, 1-2x/week</li> <li><b>Reactive Strength Training</b> 30-100 Contacts, High Intensity Plyometrics, 1-2x/wk</li> <li><b>Quasi-Isometric Strength Training</b> 20-60% MVIC, 20-40 contacts, 1-2x/wk</li> </ul>