

## Welsh Triathlon Academy

### Male Profiling Tables

13-YEAR-OLD MALE			1	2	3	4	5
SWIM	Speed	50m	33.5	32.5	31.5	30.5	29.5
	Aerobic Capacity	200m	02:33	02:28	02:23	02:18	02:13
	Endurance	800m	11:10	10:50	10:30	10:10	09:50
BIKE	Dustbin Test	DBT	03:13	03:08	03:03	02:58	02:53
RUN	Speed	400m	67	65	63	61	59
	Aerobic Capacity	1500m	05:05	04:55	04:45	04:35	04:25

14-YEAR-OLD MALE			1	2	3	4	5
SWIM	Speed	50m	33.0	32.0	31.0	30.0	29.0
	Aerobic Capacity	200m	02:30	02:25	02:20	02:15	02:10
	Endurance	800m	11:00	10:40	10:20	10:00	09:40
BIKE	Dustbin Test	DBT	03:10	03:05	03:00	02:55	02:50
RUN	Speed	400m	66	64	62	60	58
	Aerobic Capacity	1500m	05:00	04:50	04:40	04:30	04:20

15-YEAR-OLD MALE			1	2	3	4	5
SWIM	Speed	50m	32.5	31.5	30.5	29.5	28.5
	Aerobic Capacity	200m	02:27	02:22	02:17	02:12	02:07
	Endurance	800m	10:50	10:30	10:10	09:50	09:30
BIKE	Dustbin Test	DBT	03:07	03:02	02:57	02:52	02:47
RUN	Speed	400m	65	63	61	59	57
	Aerobic Capacity	1500m	04:55	04:45	04:35	04:25	04:15

16-YEAR-OLD MALE			1	2	3	4	5
SWIM	Speed	50m	32.0	31.0	30.0	29.0	28.0
	Aerobic Capacity	400m	05:10	05:00	04:50	04:40	04:30
	Endurance	1500m	20:20	19:40	19:00	18:20	17:40
BIKE	Dustbin Test	DBT	03:05	03:00	02:55	02:50	02:45
RUN	Speed	400m	64	62	60	58	56
	Aerobic Capacity	3000m	10:20	10:00	09:40	09:20	09:00

17-YEAR-OLD MALE			1	2	3	4	5
SWIM	Speed	50m	31.5	30.5	29.5	28.5	27.5
	Aerobic Capacity	400m	05:05	04:55	04:45	04:35	04:25
	Endurance	1500m	20:00	19:20	18:40	18:00	17:20
BIKE	Dustbin Test	DBT	03:02	02:57	02:52	02:47	02:42
RUN	Speed	400m	63	61	59	57	55
	Aerobic Capacity	3000m	10:10	09:50	09:30	09:10	08:50

18-YEAR-OLD MALE			1	2	3	4	5
SWIM	Speed	50m	31.0	30.0	29.0	28.0	27.0
	Aerobic Capacity	400m	05:00	04:50	04:40	04:30	04:20
	Endurance	1500m	19:40	19:00	18:20	17:40	17:00
BIKE	Dustbin Test	DBT	03:00	02:55	02:50	02:45	02:40
RUN	Speed	400m	62	60	58	56	54
	Aerobic Capacity	3000m	10:00	09:40	09:20	09:00	08:40