Date										
mile run / mile ride / m swim										
Pull ups										
Club Sailor	National Level	International Level								
10	20	30+								
Crunch Test										
Club Sailor	National Level	International Level								
20	50	80								
Wall Sit										
Club Sailor	National Level	International Level								
3 min	5 min	15 min+								
Flexibility										
Club Sailor	National Level	International Level								
+6cm	+12cm	+18cm								
Weight										
Weight Target:										