

PHYSICAL PROFILE & PERFORMANCE REPORT

Athlete A

ILCA 7 · Strength, jump, aerobic capacity and load tolerance

Testing: Oct 2025 - Feb 2026 · Monitoring: 16/10/2025 - 27/09/2026 · Report: 15/10/2026

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SUMMARY

The season in four numbers

+23 %

Squat speed at 70 kg

Same load, moved much faster

+14 %

4-min row watts

From 350 W to 398 W

+9 %

Bench press 1RM

Estimated 83 to 90 kg

51 bpm

Resting heart rate

Stable all season

KEY FINDINGS

What the data tells us

- **Every physical quality has improved.** All 13 tracked indicators went up between the first and the latest test, with the biggest gains in rowing peak watts (+44 %), bench press speed (+35 % at 60 kg) and pull-ups (+33 %).
- **Stronger and faster legs:** squat velocity improved at every load, up to +23 % at 70 kg, with an estimated 1RM of about 121 kg (1.38 × body weight).
- **A bigger aerobic engine, with room to grow:** 4-min row watts +14 %, peak aerobic watts on the bike +9 % and VT1 +15 %, with VO2max at ~60 ml/kg/min. VT1 is still low (~50 % of MAP), so aerobic work remains the top priority.
- **Handling more load, staying fresh:** chronic load is 27 % higher than at the start of the season while wellness has stayed in the optimal zone (7.9/10 on average).
- **Above the reference group** in squat speed, bench press, pull-ups, rowing and VO2max, which places him among the strongest sailors in the programme.

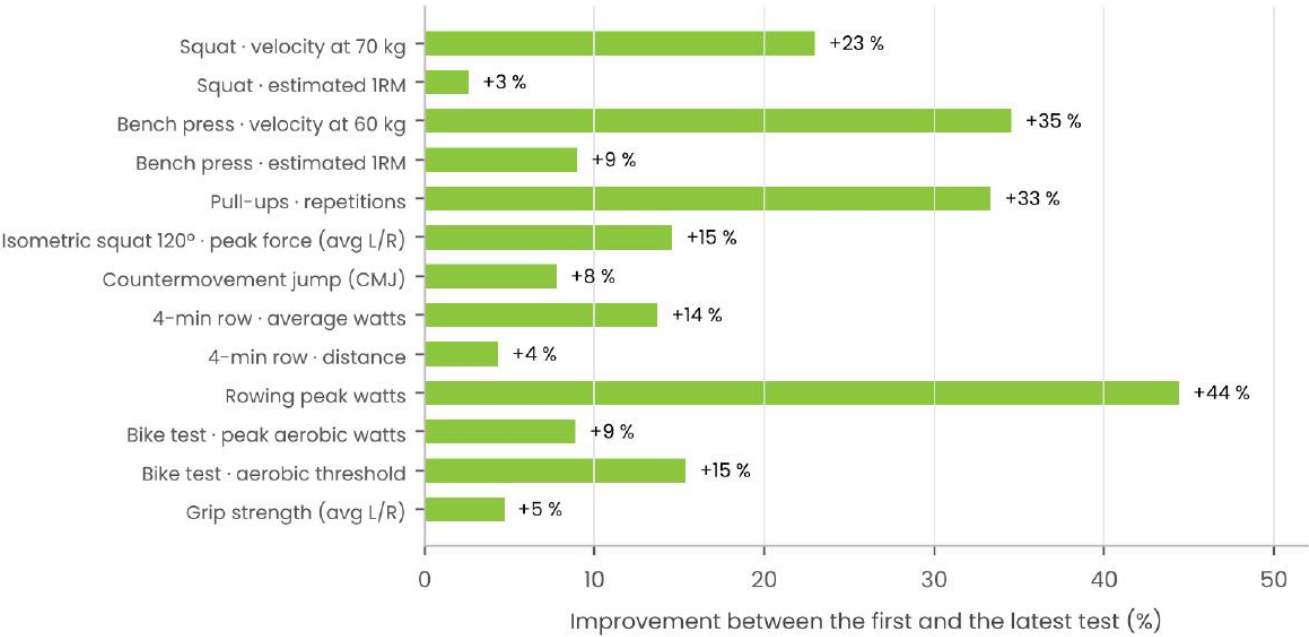
NEXT STEP

Retest now to capture the progress since February, then build the next block around strength work with low and medium loads, jumps and more hours on the water to keep the momentum into the 2027 season.

01 · EVOLUTION

Every indicator has improved

Percentage change between their first and latest test for each quality. All tests were performed between 2026.

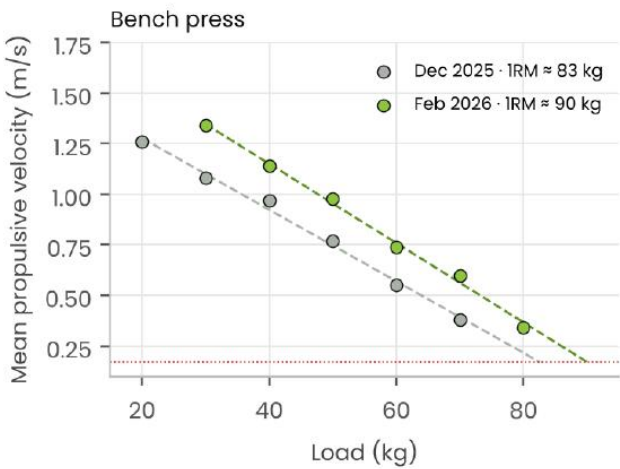
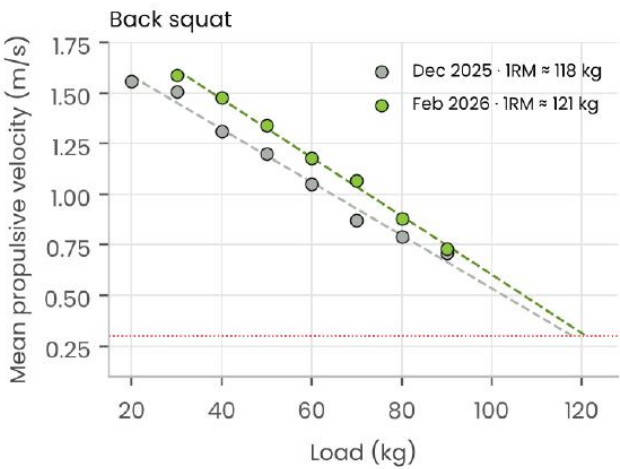


INDICATOR	FIRST	LATEST	PERIOD	CHANGE
Squat · velocity at 70 kg	0.87 m/s	1.07 m/s	Dec 25 to Feb 26	+23 %
Squat · estimated 1RM	118 kg	121 kg	Dec 25 to Feb 26	+3 %
Bench press · velocity at 60 kg	0.55 m/s	0.74 m/s	Dec 25 to Feb 26	+35 %
Bench press · estimated 1RM	83 kg	90 kg	Dec 25 to Feb 26	+9 %
Pull-ups · repetitions	12 reps	16 reps	Dec 25 to Feb 26	+33 %
Isometric squat 120° · peak force (avg L/R)	8.27 N/kg	9.47 N/kg	Dec 25 to Feb 26	+15 %
Countermovement jump (CMJ)	36.0 cm	38.8 cm	Dec 25 to Feb 26	+8 %
4-min row · average watts	350 W	398 W	Oct 25 to Feb 26	+14 %
4-min row · distance	1,200 m	1,252 m	Oct 25 to Feb 26	+4 %
Rowing peak watts	421 W	608 W	Nov 25 to Jan 26	+44 %
Bike test · peak aerobic watts	416 W	453 W	Oct 25 to Feb 26	+9 %
Bike test · aerobic threshold	195 W	225 W	Oct 25 to Feb 26	+15 %
Grip strength (avg L/R)	53.5 kg	56.0 kg	Oct 25 to Feb 26	+5 %

02 · STRENGTH

Load-velocity profiles: December vs February

The further right and higher the curve, the stronger the athlete. In both lifts, the February profile sits clearly above December: he moves every load faster.



LIFT	LOAD	DEC 2025	FEB 2026	CHANGE
Back squat	50 kg	1.20 m/s	1.34 m/s	+12 %
Back squat	70 kg	0.87 m/s	1.07 m/s	+23 %
Back squat	90 kg	0.71 m/s	0.73 m/s	+3 %
Bench press	50 kg	0.77 m/s	0.98 m/s	+27 %
Bench press	70 kg	0.38 m/s	0.60 m/s	+58 %
Pull-ups	Body weight	12 reps	16 reps	+33 %
Isometric squat 120°	Peak force	8.27 N/kg	9.47 N/kg	+15 %

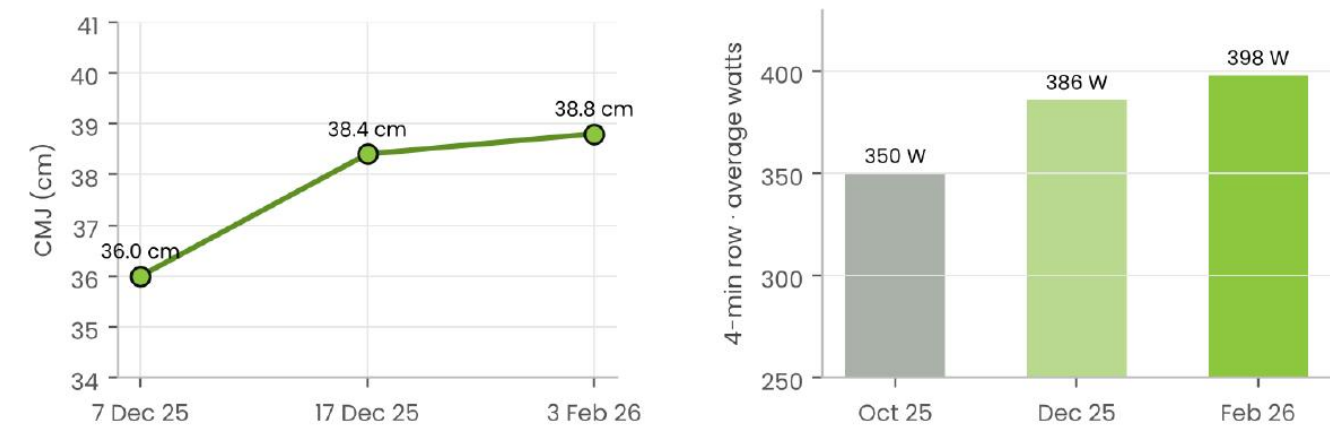
TRAINING ZONES

Squat loads calculated from the February profile

GOAL	TARGET VELOCITY	SQUAT LOAD	% 1RM (APPROX.)
Low loads	≥ 1.00 m/s	up to 73 kg	up to 60 %
Medium loads	0.75 – 1.00 m/s	73 – 90 kg	60 – 74 %

03 · JUMP & ROWING

Jump and rowing evolution



- **Jump:** CMJ from 36.0 to 38.8 cm (+8 %), at the level of the best male sailors in the programme.
- **Rowing:** average watts over 4 minutes up 14 % (350 to 398 W, 4.55 W/kg) and distance from 1,200 to 1,252 m. Peak rowing watts rose from 421 to 608 W.
- **Resting heart rate of 51 bpm** on average, stable all season (44–56 bpm), a good cardiovascular marker and a sign of good recovery.

04 · COMPARISON

Where the athlete stands in the programme

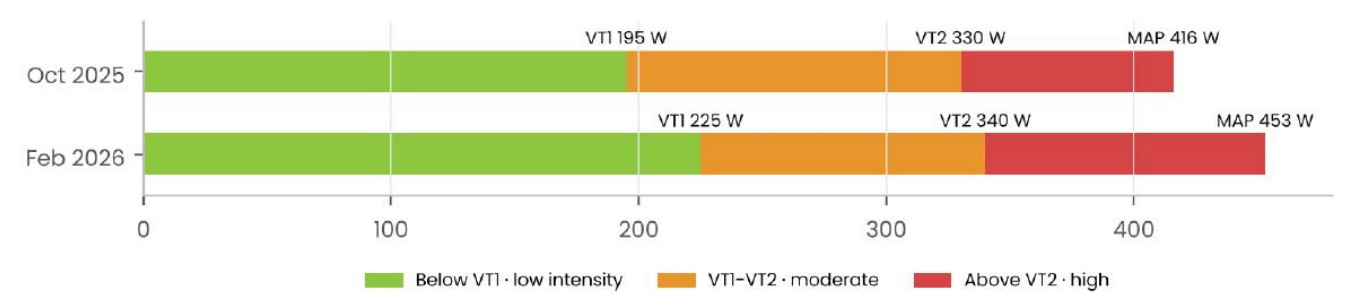
TEST	ATHLETE	MALE GROUP AVG.	DIFFERENCE
Squat 60 kg · velocity	1.18 m/s	0.98 m/s	+20 %
Squat 80 kg · velocity	0.88 m/s	0.81 m/s	+9 %
Bench press 50 kg · velocity	0.98 m/s	0.90 m/s	+9 %
Pull-ups · repetitions	16 reps	12 reps	+38 %
CMJ	38.8 cm	36.4 cm	+7 %
4-min row · distance	1,252 m	1,149 m	+9 %
4-min row · average watts	398 W	313 W	+27 %
VO2max (bike)	59.9 ml/kg/min	50.2 ml/kg/min	+19 %

Reference group: male sailors in the programme (n = 3-5 per test, anonymised), latest test of each athlete.

05 · AEROBIC PROFILE

Ventilatory thresholds (VT1 and VT2) on the bike

VT1 (aerobic threshold) marks the highest intensity that can be sustained for a long time with low fatigue. **VT2 (anaerobic threshold)** marks the point above which fatigue builds up quickly. For a sailor, a high VT1 means holding long upwind legs and repeated hiking with less fatigue, and recovering faster between races.



INDICATOR	OCT 2025	FEB 2026	CHANGE
Peak aerobic watts (MAP)	416 W	453 W	+9 %
VO2max	60.9 ml/kg/min	59.9 ml/kg/min	Maintained
VT1 · watts	195 W	225 W	+15 %
VT1 · watts per kg	2.22 W/kg	2.57 W/kg	+16 %
VT1 · % of MAP	47 %	50 %	+3 pts
VT1 · % of VO2max	55 %	53 %	Key target
VT2 · watts	330 W	340 W	+3 %
VT2 · % of MAP	79 %	75 %	Key target
VT2 · % of VO2max	89 %	79 %	Key target

INTERPRETATION

- **VT1 is the quality that improved most on the bike (+15 %):** the focus of the last block on aerobic work is paying off, and The athlete now rides 30 W more before reaching the aerobic threshold.
- **But it is still the main area to develop:** VT1 sits at about 50 % of MAP and 53 % of VO2max, low for an Olympic sailor. Well-trained endurance athletes usually reach VT1 at 60-70 % of VO2max.
- **VT2 grew less than MAP (+3 % vs +9 %),** so it now appears at 75 % of MAP. Raising both thresholds closer to his ceiling is the next step.
- **The engine is there** (VO2max ≈ 60 ml/kg/min, top of the group); the job now is to use a larger share of it for longer.

06 · LOAD & WELLNESS

More load, same freshness

Chronic load reflects the work accumulated over the previous 4 weeks. When it rises while wellness stays high, the body is adapting and can absorb more training without wearing down.



PERIOD	CHRONIC LOAD	WELLNESS	RESTING HR	STATUS
Nov – Dec 2025	1.90	8.3	50 bpm	Optimal
Jul – Sep 2026	2.41	8.1	50 bpm	Optimal

INTERPRETATION

- **Chronic load +27 %** from the start of the season, with wellness in the optimal zone throughout.
- **2,757 hiking minutes logged**, 1,694 of them in more than 16 knots, without any drop in wellness or rise in resting heart rate.
- **Fewer hours on the water lately:** from about 402 hiking minutes a month in December–March to about 138 in the last four months. Getting back on the water, supported by hiking bench work, is a key goal for the next block.
- **Consistent reporting** (216 days with data), which makes these conclusions reliable.

07 · GOALS

Targets for the next testing block

INDICATOR	CURRENT	TARGET
Monthly hiking minutes (water + hiking bench)	138 min	≥ 300 min
Back squat · velocity at 70 kg	1.07 m/s	≥ 1.15 m/s
Bench press · velocity at 60 kg	0.74 m/s	≥ 0.80 m/s
Pull-ups · repetitions	16	≥ 20
CMJ	38.8 cm	≥ 40 cm
4-min row · average watts	398 W	≥ 420 W
Bike · VT1 (aerobic threshold)	225 W	≥ 250 W
Bike · VT2 (anaerobic threshold)	340 W	≥ 360 W
Resting heart rate	51 bpm	Keep ≤ 52 bpm
Wellness	7.9	Keep ≥ 7.5

ACTION PLAN

How we will get there

1 Retest

Repeat strength, jump and rowing tests now to measure progress since February.

2 Strength with low and medium loads

Squat and bench press at 0.75-1.0 m/s (squat 73-90 kg) to keep improving speed at every load.

3 Jumps

Jumps and fast squats with low loads (≥ 1.0 m/s) twice a week to keep improving the CMJ.

4 Upper body

Keep the bench press and pull-up progression: they support sheeting and pumping.

5 Aerobic capacity (priority)

Long sessions below VT1 (< 225 W) 2-3 times a week plus intervals around VT2 (330-350 W) to lift both thresholds.

6 More hours on the water

Return to ≥ 300 hiking minutes a month. When sailing time is limited, we will compensate with hiking bench work as far as possible.

METHODOLOGY

Strength tests with a linear encoder (mean propulsive velocity). 1RM is estimated from the load-velocity profile using a minimum velocity of 0.30 m/s (squat) and 0.17 m/s (bench press), so values are indicative. Chronic load: 28-day rolling average of the daily load index. Wellness: daily 1-10 questionnaire (physical status, sleep, mood, muscle soreness). Reference group: male sailors in the programme, anonymised.